FLO FRIDAY
Digital Well-Being: PERMA 2.0 and More

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Since time immemorial, the səlilwətaʔɬ təməxʷ (Tsleil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), xʷməθkʷəyəm (Musqueam), WSÁNEĆ (Saanich), and the Esquimalt and Songhees Nations of the Ləkʷəŋən (Lekwungen) Peoples have walked gently on the unceded territories where we are grateful to live, work, and play. We are committed to building relationships with the first peoples here, based in honour and respect, and we thank them for their hospitality.

Outline:

- What is digital wellbeing?

- What it means to become more *digital aware* and *digital healthy*?

- What are some digital tools that can promote well-being? What is PERMA? How can this framework promote well-being in remote teaching?

- How can we integrate digital wellness into teaching and learning?

Photo by Leone Venter via unsplash

By the end of this workshop, we will be able to:

1 develop our understanding of digital well-being
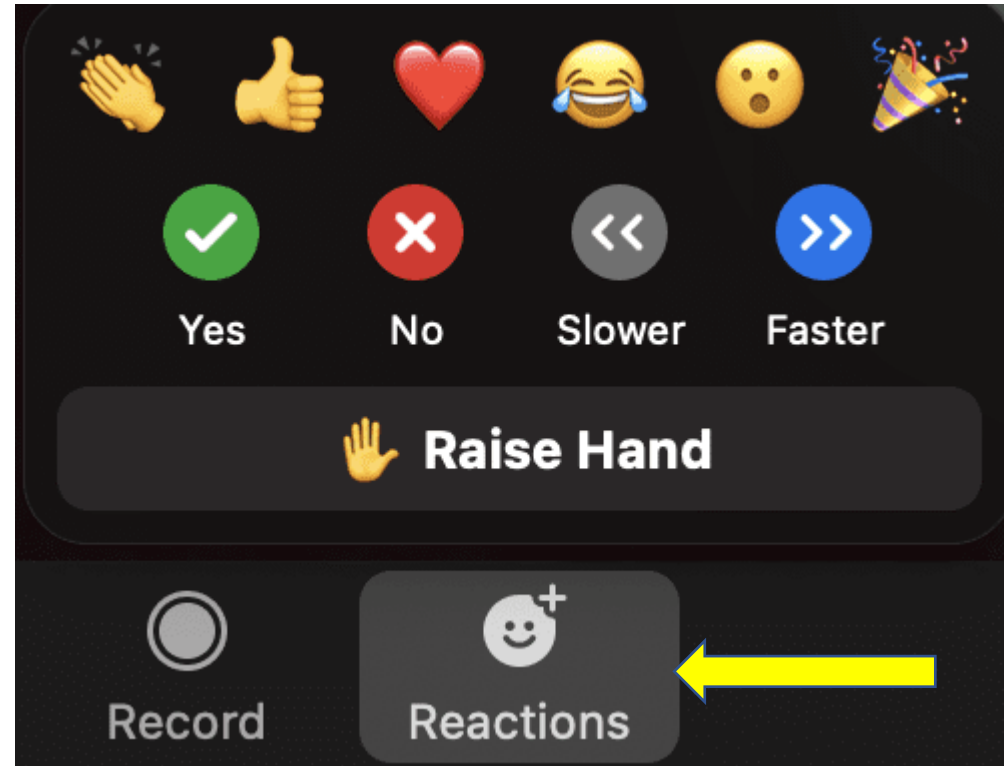
2 explore and reflect on PERMA model in promoting well-being in online teaching
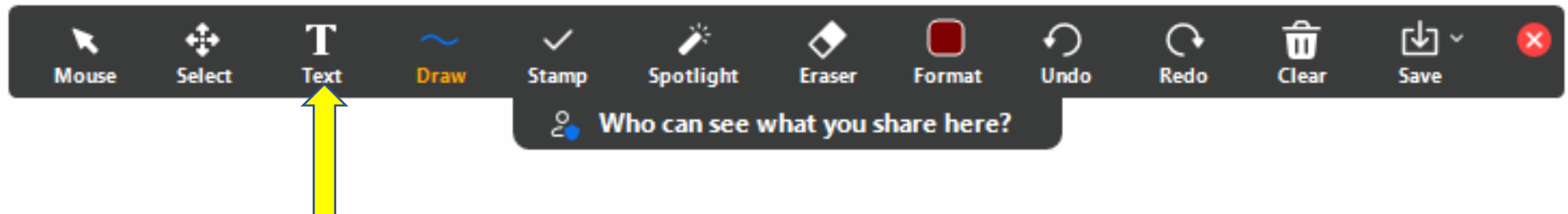
3 identify some techniques to integrate digital wellness into our teaching and learning discussions

How to participate in Zoom?

Find this Annotate toolbar by clicking "View Options" at the top of your screen.

Digital Wellbeing

"A digitally literate person will use technology to support their wellbeing and have strategies for managing technology if it negatively impacts their physical, mental, or emotional health. A digitally literate person will have healthy boundaries with digital technologies, use them intentionally and will not use digital technologies in ways that harm others."

(Digital Literacy Framework, Consultation Draft, November 2022)

Photo by Alec Cooks via unsplash

Waterfall activity responses

What comes to mind when you hear the words "Digital Well-being"?

- The ability to access technology when you need it. Understanding when to take a break
- Taking digital fasts, setting technology boundaries, knowing ebbs and flows daily
- Taking breaks and time for conscious breathing, turning camera off in a structured way
- A healthy relationship with technology
- Privacy, safety, balance
- Disconnecting from our devices and social media
- Digital Wellbeing happens when one knows how to set healthy boundaries around time and technology usage, and also when you feel digitally competent to use technology in a way that promotes a good life
- Balance, in control, choice, flexibility, options, participatory, engaging
- The boundaries that you put into place so your life is not consumed by internet, devices, apps, social media
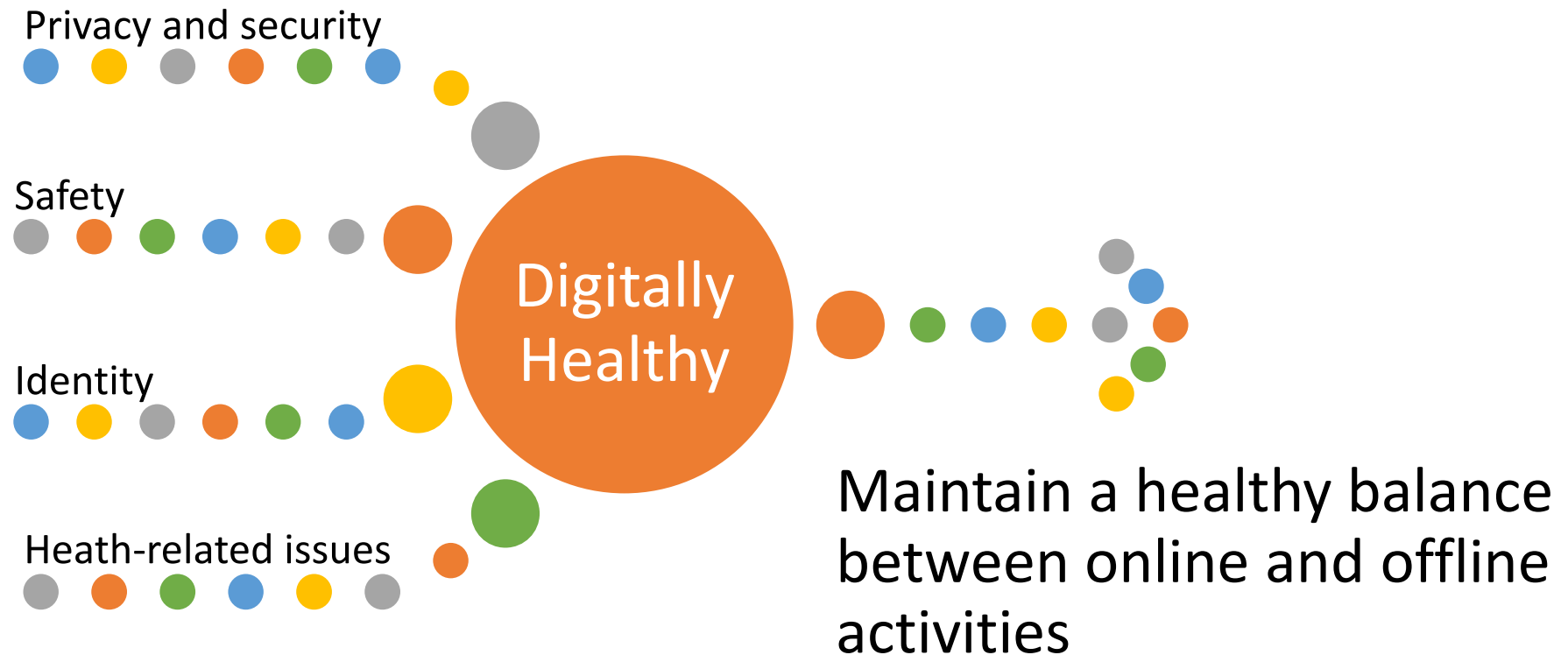
Poll Yes/No questions

1. Can you create and manage your online identity effectively?

2. Are you aware that search engines, websites, platforms can track your online activity and create your digital footprint?

3. Are you aware that digital platforms contain spaces that exhibit toxicity, racism, sexism, violence, etc.?

4. Are you aware of digital burnout?

5. Do you take breaks from social media?

Photo by Lina Trochez via unsplash

From "*digitally aware*" to "*digitally healthy*"

Privacy and security

Safety

Identity

Heath-related issues

Digitally Healthy

Maintain a healthy balance between online and offline activities

Digital tools to promote wellbeing?

- My Possible Self: The Mental Health App
- STREAKS. The to-do list that helps you form good habits. For iOS. (streaksapp.com)
- Digital Wellbeing through technology | Google
- Headspace for Work
- Simple Habit | The Best Meditation App for Busy People
- Calm - Free for Schools
- Digital-Wellbeing.eu – Promoting the Digital Wellbeing of Students

Digital tools to promote wellbeing?

Set timer to limit activity ✔

pomofocus.io

Online meditation, yoga, ♥

facilitated breath exercises before taking a break. Take 5 activity.

Watch a video to take a break from text or reading

Some phones have a built-in apps for digital well being ⭐
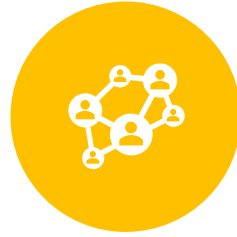
Forest App - helps me with productivity

PERMA framework

POSITIVE EMOTION

ENGAGEMENT

RELATIONSHIPS

MEANING

ACCOMPLISHMENT

Seligman (2012)

Positive emotion

When you think about your own relationship, as it were, with digital technologies, are they positive or negative?

Are you experiencing stress and anxiety because of digital technologies? If so, what can you do to reduce the negative emotions?

Engagement

By engagement, when using these technologies are you getting into the flow?

Are learning/teaching technologies giving you the chance collaborate with others, to share stories, to go with the flow, to relax, and find some quality time, to live in the present moment?

Relationships

- Are you able to use technologies to make new connections or strengthen relationships that you have?

- Are you able to avoid are negative relationships and interactions via these technologies?

Meaning

Does your use of these digital technologies help you achieve greater meaning?
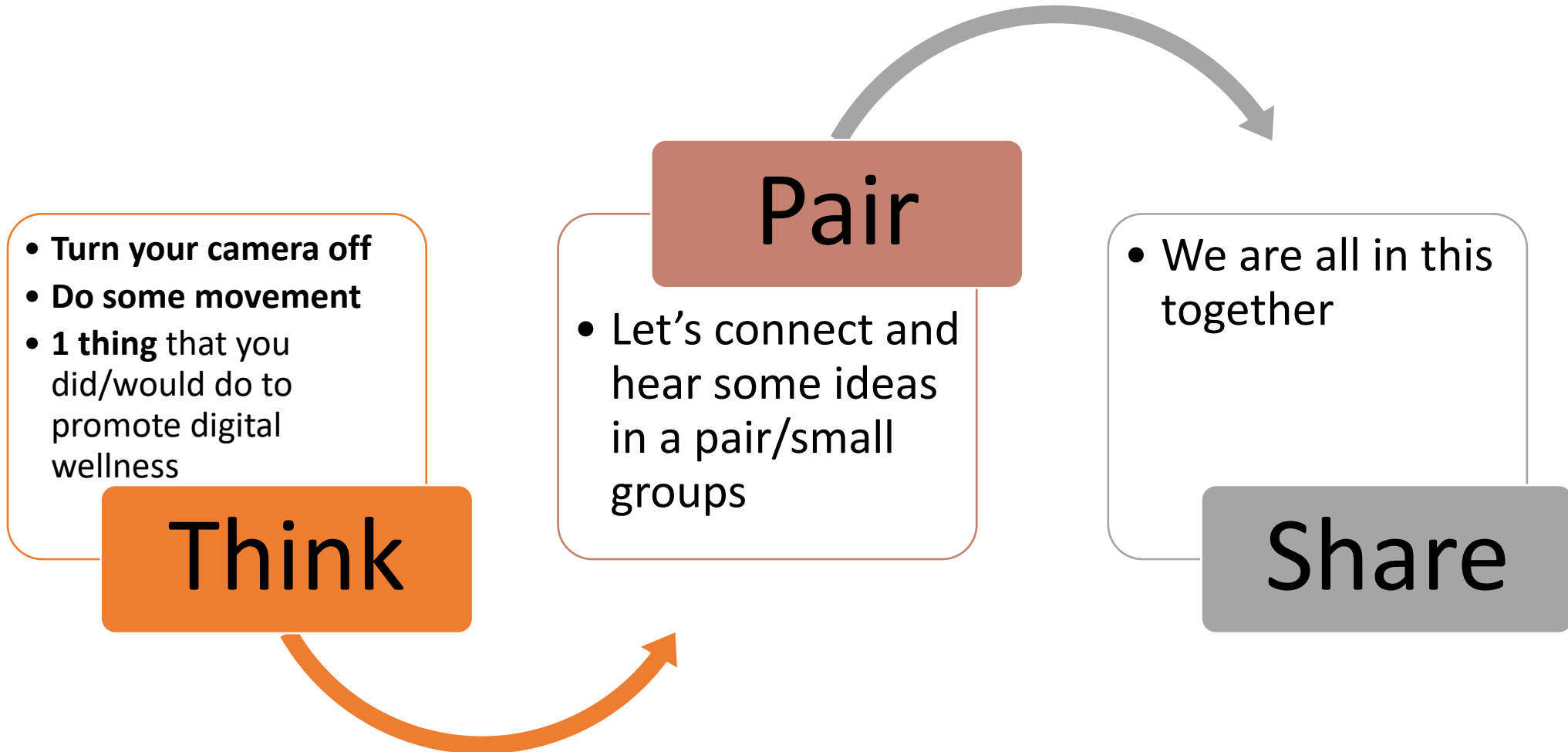
Accomplishment

Does using technologies help you:
- aim higher?
- allow time to celebrate little things?

5-5-5 for Think-Pair-Share

Think
- **Turn your camera off**
- **Do some movement**
- **1 thing** that you did/would do to promote digital wellness

Pair
- Let's connect and hear some ideas in a pair/small groups

Share
- We are all in this together

Thank you everyone!