













TELUS Wise® happiness post-workshop activity.



Part 1: Media Diary

Think back to your screen time habits and how you used screens over the last week. Check the box for each activity you did:

<input type="checkbox"/> Entertainment (watching TV or videos, playing video games) 	<input type="checkbox"/> Posting content to social media (photos, videos...) 
<input type="checkbox"/> Organizational communication (texting parents to pick you up, making plans with friends...) 	<input type="checkbox"/> Getting news or weather information 
<input type="checkbox"/> Texting or messaging with friends 	<input type="checkbox"/> Background music (listening to music while doing homework, exercising...) 
<input type="checkbox"/> School or job communication (emails from a teacher, scheduling a job interview...) 	<input type="checkbox"/> Online learning (using screens for school or personal learning) 
<input type="checkbox"/> Keeping in touch with family or friends who live far away 	<input type="checkbox"/> Creating art, music, blogging or other creative things online 
<input type="checkbox"/> Scrolling through social media posts by friends, influencers or celebrities 	<input type="checkbox"/> Other 

Part 2: Your Digital Diet

Look back at your Media Diary checklist. Put each of the activities in one or more of the categories below to illustrate your digital diet and consider how some things you consume may be better for you than others. For instance, “Texting or messaging with friends” might go in the Vegetables category, while “Scrolling through social media” might go in Occasional Treats. Keep in mind that an activity might go in more than one place.



Vegetables: Things you did that were important, useful and positively contributed to your day.



Occasional Treats: Things that you enjoyed, but might make you feel bad if you have too much.



Whole Grains: Things you did that made you feel good at the time and made you feel good later.



Junk Food: Things that felt good when you were doing them, but left you feeling bad later.

Part 3: Four Steps to Using Tech Mindfully

Dr. Neha Chaudhary, a psychiatrist whose research focuses on the intersection of technology and mental health, suggests four steps to using tech more mindfully. Reflect on each of the suggestions below and share your thoughts in the space provided.

Think about how and why you do different tech activities. Do you scroll through Instagram to avoid things you don't want to do, like homework? Do you tend to turn to your phone when you're bored or when you're feeling sad?

Think about how those different activities affect you. Which of your digital activities make you feel good and which make you feel bad? Which activities make you lose track of time? How would you feel if you stopped doing these activities, or did them less often? Do some activities have different effects at different times or in different situations?

Identify the changes you want to make. Now that you've identified the things that have more positive and more negative effects on you, think about what changes you want to make. If after the first two steps you've decided you're happy with how tech fits into your life, there might not be any! But if you aren't, think about the end goal – what would have to change to make things better?

Define specific steps and strategies for getting to that end goal, and commit to doing them. For example, commit to no screen time an hour before you go to bed, unfollow accounts that make you question your self worth and start a new hobby that isn't screen related.