

# TELUS Wise

## Combat digital stress.

Does keeping up with social media, gaming communities, text messages and group chats sometimes make you feel overwhelmed, unmotivated or anxious? You're not alone. With our regular day-to-day digital diet, plus the transition to online learning for many of us, we're spending more and more time on our devices and sometimes staying on top of it all can feel stressful.

### What is digital stress?

Put simply, digital stress is the stress we feel from using our digital devices, like smartphones, gaming consoles and computers, and consuming digital media, such as social networks, games, messenger apps and other digital content.

### Could you be under digital stress?

To better understand what is contributing to stress in our lives, it's important to take time for self-reflection. To find out how well you're managing your relationship with technology, get started by taking the quiz: **How healthy is your relationship with technology?**

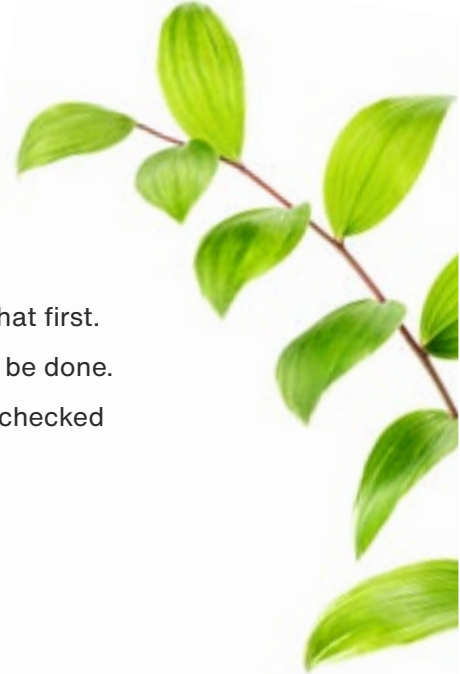
### 7-day digital stress relief challenge

To help you find a better balance with technology and reduce digital stress, consider taking the 7-day digital stress relief challenge to help keep you mindful of your digital consumption and give you a break from technology. At the end of the week, reflect on how the challenge made you feel and consider adding one or more of these mindful activities into your daily routine to help you better manage your digital diet.

Every day for seven days, we challenge you to:

1. Not touch your phone, laptop or game console for three straight hours
2. Keep your device out of your bedroom – use an old-school alarm clock if you have to
3. Turn off all devices an hour before bedtime
4. Read a physical book for at least 15 minutes
5. Pick up your phone no more than 20 times throughout the day
6. Limit social media scrolling and/or gaming to only 30 minutes

To help you keep track of your screen time and digital habits, you can take advantage of the Android Digital Well Being or Apple Screen Time features (but be warned, using these features does add to your screen time). The purpose of the challenge is to help you recognize your digital habits and manage digital stress.



## Keep these helpful tips in mind:



### Practice time management

- We can't do everything. Reflect on what's truly most important and put that first.
- Use calendar and to-do list apps to set reminders for things that need to be done.
- Set specific times to check social media, like on the bus or when you've checked something off your to-do list.



### Change your habits and attitudes

- Practice gratitude. Try not to compare yourself to people you see online, including your friends and classmates.
- Put your device away when you're in the company of others. Live in the moment and be where you are when you are.
- Accept that you can't be there for everything, even virtually. It's okay to not always respond to messages and notifications immediately.
- Be honest. People are happier, and get more emotional support from others, when they're honest online.



### Make time for rest and reflection

- Turn off notifications and put your phone on silent to avoid distractions.
- Schedule time for activities that don't include screens, like reading a book, writing in a journal or exercising.
- Log out of social media accounts, turn off your phone at bedtime and use an old-school alarm clock.
- Take an occasional vacation from social media and digital devices altogether (try to work up to one day a week or more).

Remember, it's easy for all of us to become overwhelmed in our digital world, but there are tips and tricks to help us manage our digital stress, screen time and digital consumption. It's also important to prioritize activities that don't involve our devices.