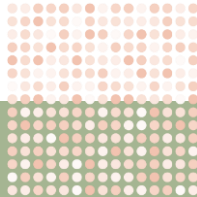




GLION SELF-HELP SERIES

Learning Support



Digital wellbeing



Digital devices help us study, stay connected, and manage our daily lives — but constant notifications, screen time, and online pressure can also affect our mental health, concentration, and sleep.

Digital wellbeing is about using technology intentionally, so it supports your learning and wellbeing instead of overwhelming you.



What is digital wellbeing?

Digital wellbeing means managing your relationship with technology in a way that helps you:

- Stay focused
- Reduce stress
- Protect your privacy
- Maintain healthy habits
- Avoid digital overload

It's not about removing technology — it's about using it wisely and mindfully.



Why it matters?

- Improves concentration during study
- Reduces anxiety from constant notifications
- Protects sleep and productivity
- Prevents burnout from being “always online”
- Encourages healthier boundaries between work, study, and personal time





Step-by-step: how to improve digital wellbeing

1 Audit your screen habits

Ask yourself:

- How many hours do I spend on my phone, laptop, or social media?
- Which apps make me feel stressed or distracted?
- When do I feel overwhelmed online?
- Do I find it hard to switch off?

Awareness is the first step.





2 Set boundaries with technology

Try:

- No-screen zones: bedroom, meals, study desk
- Tech-free times: first hour after waking, last hour before sleep
- Batch notifications: turn off non-essential alerts
- Do Not Disturb mode during classes, lectures, or study blocks

These small changes reduce digital noise dramatically.

3 Use technology intentionally

Before opening an app or website, ask:

“What am I here to do?”

If there’s no clear purpose, pause.

Use digital tools that actually help:

- Calendar apps for planning
- Pomodoro timers for focus
- Note-taking tools for organization
- White noise or focus playlists
- Reading apps to limit distractions

4 Manage social media wisely

Social media can help you connect — but it can also create pressure.

Tips:

- Unfollow accounts that cause stress or comparison
- Limit scrolling to specific times
- Use apps that track and limit usage
- Focus on accounts that inspire or support your wellbeing

Remember: social media is not real life.



5 Protect your digital space

- Use strong passwords
- Avoid sharing personal details
- Review privacy settings
- Be cautious with what you post
- Remember that digital footprints remain online

A safe online space is essential for peace of mind.

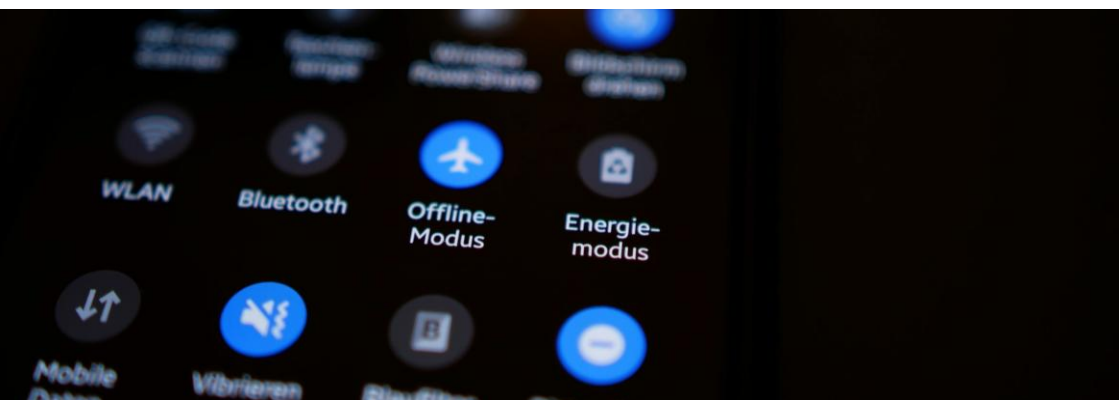
6 Prioritise sleep

Screens suppress melatonin and make falling asleep harder.

Try:

- No screens 30–60 minutes before bed
- Use “Night Mode” to reduce blue light
- Charge your phone outside your bedroom

Better sleep improves concentration, memory, and mood.





Tips & Tricks

Put your phone in another room while studying

Use grayscale mode to reduce compulsive scrolling

Delete or mute distracting apps during exam season

Take regular breaks to rest your eyes (20-20-20 rule)

Connect offline: nature, hobbies, friends, exercise

Be mindful: don't let others set your pace or priorities

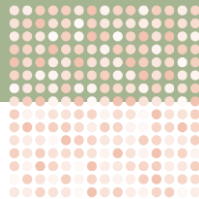




Example: one-week digital wellbeing plan

Day	Action	Purpose
Monday	<i>Turn off notifications during lectures</i>	Boost focus
Tuesday	<i>Limit social media to 30 minutes</i>	Reduce comparison stress
Wednesday	<i>No screens after 22h30</i>	Improve sleep quality
Thursday	<i>Use a Pomodoro app for studying</i>	Stay productive
Friday	<i>Clean up unused app</i>	Reduce digital clutter
Weekend	<i>2-hour tech-free block each day</i>	Reset and recharge





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