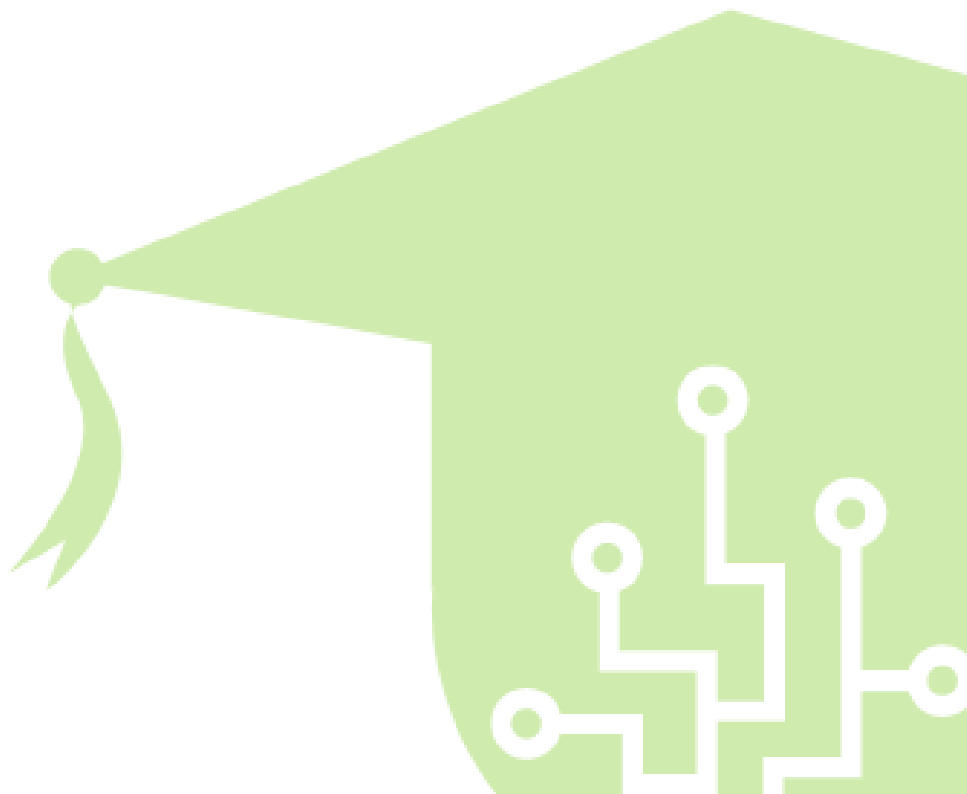


L2D

MEDIA LITERACY COMPETENCES
FOR YOUTH WORKERS

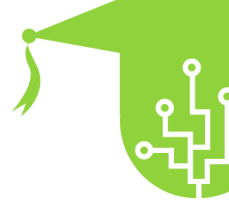
DIGITAL WELLBEING

MODULE 8





Title :	DIGITAL WELLBEING
Key words :	
Prepared by .	AIJU
Language :	English
Objectives :	<ul style="list-style-type: none"> • To determine the amount of internet use among young people today. • To understand from what point internet use is called a dark site. • To raise awareness about the dark side and negative effects of internet use. • To determine the relationship between internet use and mental health. • Solutions
Learning Outcomes :	
Content Index :	<p>UNIT 1: What is digital wellbeing.</p> <p>UNIT 2: Benefits of the use of technology.</p> <p>UNIT 3: Cons of the use of technology. Consequences of abusive use of electronic devices.</p> <p>UNIT 4: Data about use of electronic devices in EU and Turkey. Experts' recommendations.</p> <p>UNIT 5: Find the balance between activities with and without Technological Devices.</p> <p>UNIT 6: Tools that can help you reaching a Digital Wellbeing.</p>
Content Development :	
Glossary :	
Bibliography :	
Resources (videos, reference link)	



New technologies have burst into our lives and are increasingly present in different spheres of our daily lives. Long gone are the days of the Internet modem connected to a landline phone, which took minutes to load a static and rudimentary web page. First ADSL allowed us to surf the internet at a decent speed, which opened the way to communication between people through digital services. Remember Microsoft Messenger?

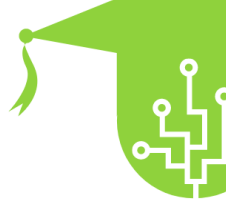
But what really changed our relationship with the Internet and new technologies was the appearance of the smartphone and the arrival of the 3G connection to our mobiles. Since then, we have had the Internet in our pocket, anywhere and at any time. Today we use the Internet for everything: studying, working, communicating, shopping, getting information... even for switching on and off different household appliances, thanks to the use of the so-called Internet of Things (IoT).

This intensive use of the Internet, and therefore of electronic devices, with larger and smaller screens, touchscreens and keyboards, creates new challenges and possible consequences of which we need to be aware. Excessive use of, as is often the case, social networks; can have consequences in areas such as socialisation (face-to-face), physical activity or concentration.

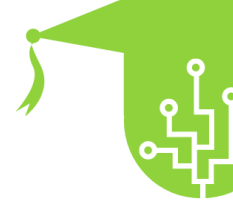
In this module you will learn what these risks are, and how to use electronic devices correctly, achieving **digital wellbeing**.

The contents of this module are divided into the following points:

- UNIT 1: What is digital wellbeing. First and foremost, it is important to become familiar with the term Digital Wellbeing.
- UNIT 2: Benefits of the use of technology. Technology offers a multitude of benefits and opportunities to make life easier and facilitate communication with our peers. This unit describes how to get the most out of different technological tools.
- UNIT 3: Cons of the use of technology. Consequences of abusive use of electronic devices. While the use of technology can be very beneficial, overexposure or misuse of technology can have risks and consequences for our physical, emotional and social health.
- UNIT 4: Data about use of electronic devices in EU and Turkey. Experts' recommendations. It is important to know what the facts are regarding the use of electronic devices to elucidate the extent of the risks and the importance of promoting digital wellbeing.
- UNIT 5: Find the balance between activities with and without Technological Devices. Disconnecting from the use of electronic devices is beneficial and even necessary to achieve a digital wellbeing that reduces the possible consequences of their abuse. This unit provides information on how to achieve this balance.

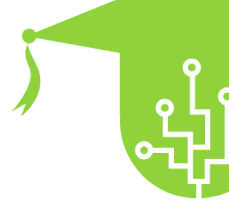


- UNIT 6: Tools that can help you reaching a Digital Wellbeing. Although it may sound contradictory, there are mobile applications focused on evaluating our use of technological devices and helping us to achieve digital wellbeing. This unit provides a list of different useful applications for this purpose.



Content

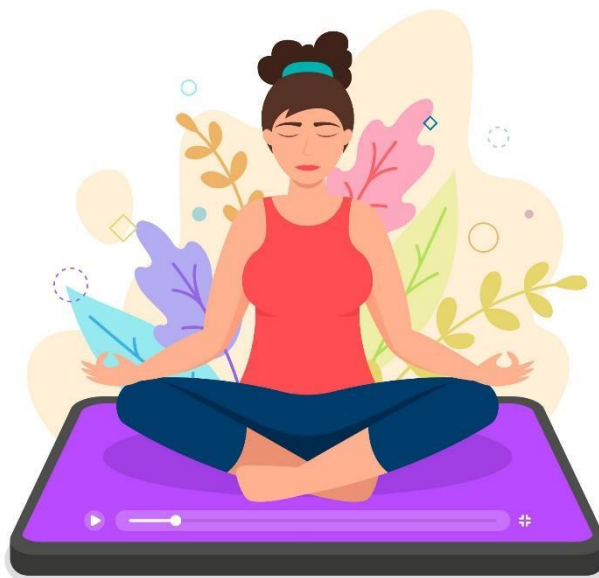
UNIT 1: What is digital wellbeing.	6
UNIT 2: Benefits of the use of technology	9
UNIT 3: Cons of the use of technology. Consequences of abusive use of electronic devices.	12
UNIT 4: Data about use of electronic devices in European Union and Turkey. Experts' recommendations.	15
Experts Recommendations	17
UNIT 5: Find the balance between activities with and without Technological Devices.	18
UNIT 6: Tools that can help you reaching a Digital Wellbeing.	19
Google's native digital wellbeing services	19
Apple's Screen Time	20
Flipd	20
Forest	20
Fabulous App	21
Conclusions	22
Bibliography	23
UNIT 1	23
UNIT 2	23
UNIT 3	23
UNIT 4	23
UNIT 5	23
UNIT 6	23



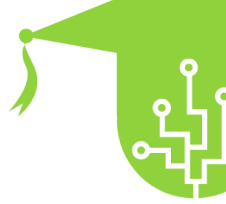
UNIT 1: What is digital wellbeing.

The concept of digital wellbeing is about how we integrate connected technologies into our daily lives. It is about taking control over the time we spend on screens and understanding how the use of software affects us. The dependence on being constantly connected in our work, family and leisure spaces has an impact on our behaviour, so it is important to learn how to manage this situation.

Our digital identity, or digital citizenship, develops as we use email, social media and other connected devices. The way we spend time viewing images, searching or expressing opinions defines us as much as the name we use on our email or social media accounts. However, it is important to keep in mind that these online names and activities do not fully represent our identity in physical life. Furthermore, it is crucial to recognise that the information we share online, such as photos, comments or relationships, will still be present even after we have made changes. It is therefore essential to know how to manage and protect our digital identity.



Well-being is a subjective concept that depends on several aspects, including feeling good about the choices we make and the results we achieve, as well as having conscious control over the context in which we operate. At the moment, in particular, we are in a historical stage where we can have multiple email accounts and social media profiles,

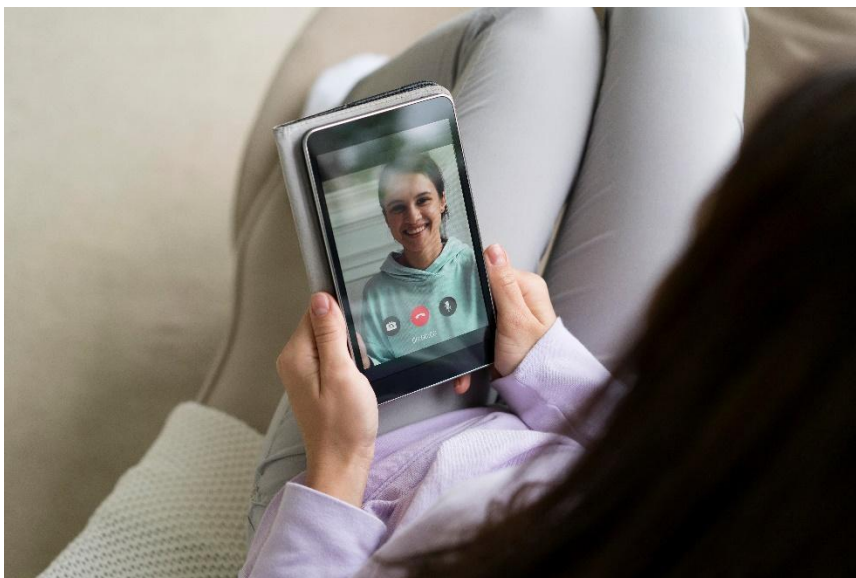


allowing us to present different facets of our personality depending on who we interact with.

Technological well-being is a condition that involves developing and maintaining a healthy relationship with technology. It attempts to use technology in a beneficial way to achieve our goals, without distracting, interrupting or interfering with our activities. It has the following characteristics:

- Manage time spent on apps. First, it assesses how you are using digital devices and what activities you need them for. Set time limits for these activities. Once you get the results, determine the next steps to make smart use of digital time.
- Remember to take breaks. Respect device-free times during the day. Turn off your work phone on weekends, log off social media at certain times of the night. Establish break times for your group chats as well.
- Avoid daily distractions and reduce the time you spend looking at your electronic devices. Find other activities to do when you are not using your devices. This way, you will avoid the temptation to use them to connect to the internet. Prioritise your daily activities and try to look at your devices less.
- Disconnect more easily. There are several symptoms related to mobile phone abuse, such as poor performance, mood swings and lack of attention.

It is therefore important to take serious steps to find a balance between digital and physical spaces. Distractions caused by excessive use of electronic devices are becoming more and more evident, especially in these times when many people work from home.

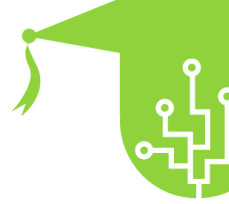




It is essential to manage our digital time and set healthy limits at home. It is also important to educate the younger generation to use technology responsibly to ensure digital wellbeing.

Digital wellbeing is ultimately about striking a balance between using computer technologies and preserving our privacy. E-health approaches recognise that digital tools are relevant and contribute to human well-being, but it is crucial to use them responsibly and understand their limits.

According to Aidan Healy, co-founder of Un Plug, wellbeing in the digital environment means looking for ways to harness technology to help us achieve our goals, rather than distracting, interrupting or interfering with our lives.



UNIT 2: Benefits of the use of technology

Technology, as mentioned in the introduction to this module, encompasses all aspects of our lives. From the moment we get up to the moment we go to bed, we make use of devices connected to the Internet, whether for socialising, leisure or work purposes. These new technologies have enabled a high level of development in our societies, and have brought about a great change in the way we live, communicate and relate to each other.

The main benefits of the use of technology at the individual level but also at the societal level, and as a species, are explained below:

1. Almost unlimited and instantaneous access to information.

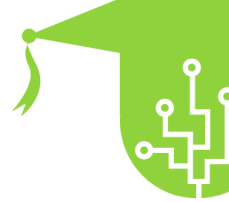
En la actualidad, la rapidez con la que se generan y difunden contenidos de amplio alcance ha aumentado significativamente, lo que ha resultado en una mayor diversidad de fuentes de información disponibles para los ciudadanos. Podemos encontrar información a través de publicaciones escritas en periódicos digitales, en redes sociales, en plataformas de streaming, a través de asistentes personales (Alexa, Siri o Google Assistant, entre otros), etc. En cierta medida, esto implica una democratización en el acceso a la información, ya que las barreras de entrada más bajas permiten que opiniones previamente excluidas de los principales medios de comunicación lleguen a un público más amplio. Hay que tener en cuenta también que esto tiene una contrapartida, que es la sobreexposición a la información y que se debe de ser más cuidadoso con la fuente de información debido a la proliferación de fake news e información no contrastada.

That is why this is the first advantage of technology that we mentioned. Despite the risks of overexposure and unverified information, the new technologies have allowed access to diverse and plural information to millions of people, practically in real time.

2. We can now communicate much more quickly and easily.

Distance is no longer an impediment to keeping in touch with the people we care about. New technologies now allow us to communicate much more easily, more cheaply and in a much more diverse way. Social networks are a way of getting in touch and sharing thoughts and experiences collectively with others. On the other hand, we have instant messaging systems, without which we could no longer live. Whatsapp, Facebook Messenger, Telegram are just a few examples of applications that, in many cases, have replaced calls.

Moreover, with social networks and new technologies we can reach a massive audience, reaching thousands or even millions of people. Geographical boundaries virtually disappear, as there are social network users all over the world. The speed at which viral content spreads in different countries is astonishing.



For those who are shy or introspective, social media provides an easier and more convenient way to communicate. Also, related to the previous points, is the advantage of being able to meet many people and establish contacts, get additional information about public figures, brands or groups with similar interests. We can even find solutions to problems or the help we are looking for - there is even the possibility of finding a partner!

3. Improves entertainment

Since the advent of online broadcasting thanks to technology, there has been a significant increase in interaction on social networks and video games. Moreover, this innovation allows those who were previously only consumers of content to become creators as well, not only on platforms intended for the display of audiovisual material, but each individual now has the ability to become their own channel of communication.

4. Stimulates creativity

Today, we are immersed in an era of abundant technological resources that generously enable creation in a wide range of fields, including artistic, academic, musical and many others. In times gone by, such resources used to be extremely onerous, however, thanks to technological progress and advances, their accessibility has gradually increased, which leads to a greater stimulation of creativity and the appearance of new spaces and formats conducive to the expression and gestation of new works and projects.

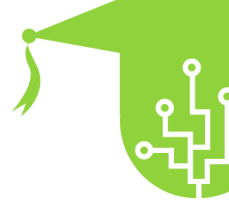
5. Promotes education

New technologies play a key role in facilitating distance education and encouraging self-learning. In the current era, technological advances have provided a wide range of tools and resources that allow learners to access educational content remotely and autonomously.

First, online platforms and learning management systems have revolutionised distance education. These platforms offer online courses, interactive learning materials and assessment tools, allowing students to learn from anywhere and at any time. They also provide online forums and collaborative spaces where students can interact with their peers and teachers, encouraging the exchange of ideas and collaborative learning.

On the other hand, access to the Internet and the proliferation of digital resources have opened up a world of knowledge for self-learners. With just a few clicks, it is possible to access virtual libraries, academic databases, video tutorials and online communities where knowledge and experiences are shared. This gives people the possibility to acquire new knowledge and skills independently, exploring areas of personal interest and setting their own pace of learning.

In addition, emerging technologies such as artificial intelligence and virtual reality are further transforming the educational landscape. Artificial intelligence can adapt learning materials according to individual needs, providing a personalised approach and enhancing the learning experience. On the other hand, virtual reality allows students to immerse



themselves in virtual environments that recreate real-life situations, providing enriching, hands-on experiences.

In short, new technologies have revolutionised distance education and empowered people to be self-learners. These tools provide access to educational content, encourage online interaction and collaboration, and offer digital resources that enable independent learning. With the continued advancement of technology, the potential for education and self-learning will continue to expand, providing unprecedented opportunities for personal and professional development.



UNIT 3: Cons of the use of technology. Consequences of abusive use of electronic devices.

Just as new technologies and social networks have brought great advances and benefits for people, keeping them more connected, fostering their creativity, broadening access to information or facilitating more personalised educational paths, they also entail, like all social advances, risks of which we must be aware, allowing us to minimise them and avoid them in the best of cases.

The following are the 5 main risks to people as individuals from the use of new technologies.

1. Addiction and Dependency

The risks of addiction and dependency associated with the use of technology are a growing concern in today's digital age. Firstly, excessive use of technology, such as smartphones, social media, and video games, can lead to addictive behaviors. People may develop a compulsive need to constantly check their devices, leading to a loss of control over their technology usage.

Secondly, technology addiction can have negative effects on mental health. Excessive screen time and online activities can contribute to feelings of isolation, depression, and anxiety. The constant need for validation and social interaction through virtual platforms can create a cycle of dependence, where individuals rely on technology for emotional support and validation.

Lastly, technology addiction can impact one's daily life and relationships. Excessive use of technology can disrupt sleep patterns, affect productivity, and hinder real-life social interactions. It can lead to a lack of engagement in offline activities, such as hobbies, exercise, and face-to-face interactions, ultimately affecting overall well-being and quality of life.

Addressing these risks requires self-awareness, setting boundaries for technology use, and finding a balance between online and offline activities. It's important to cultivate healthy habits, establish designated tech-free times, and seek support when necessary to mitigate the potential negative impacts of technology addiction and dependency.

2. Reduction of productivity

In normal situations, new technologies help to increase productivity by automating tasks and increasing people's available time. The time freed up by new technologies can be used to advance other tasks and thus increase productivity.

However, it is also possible that in some specific situations new technologies may have a negative impact on people's productivity. For example, they may have a steep learning curve that requires a lot of time to learn how to use them. Another risk is that new technologies can be a distraction at work, which reduces productivity.



3. Safety and privacy issues

The intensive use of new technologies has led us to share or store more and more personal information on the Internet, either consciously or unconsciously; this has led to a loss of privacy that can have serious consequences.

We must be cautious when accepting terms and conditions of use of apps and online services, because in many cases, especially when the service is free, the currency of payment is our personal data on the use of the application, internet searches, etc. By handing over personal data, often unintentionally, companies collect, analyse and cross-reference this information to obtain even more personal information or to create user/consumer profiles. It is advisable to be aware of these risks and as far as possible to analyse the terms of use of certain Internet services.

We should also be careful about exposing our private life through social networks: to what extent are we willing to let our followers on Instagram or friends on Facebook know what we are doing at all times? It is worth considering that everything we publish on social networks has a digital footprint that, even if we later regret it and delete the publication, it has possibly already been shared or downloaded by third parties, and in the best case scenario, the digital footprint will always remain.

4. Mental Health

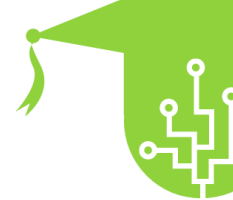
Excessive or inappropriate use of new technologies can pose certain risks to mental health, such as: technological addiction, which we have already described above. Social isolation, as people may neglect face-to-face relationships with friends, family and colleagues as they consider that communication through social networks is sufficient. Constant comparison, as social networks in many cases show us seemingly perfect lives that can make us feel inferior, envious or even anxious. Cyberbullying is another major risk, especially among the underage population, and can have a major impact on mental health.

To protect mental health when using new technologies, it is important to set healthy limits on the use of electronic devices, maintain a balance between online and offline life, seek support and social connection outside the virtual world, and be aware of potential risks and take steps to protect privacy and safety online.

5. Misinformation and Fake News

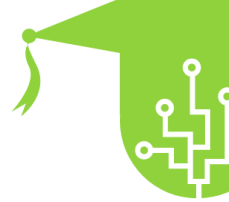
The Internet has the great advantage of facilitating and allowing the expansion of ideas and opinions in a free and unfiltered way; this has advantages when it comes to accessing information, but it is also a great risk that in a more or less conscious way, unverified or untruthful information can spread. This false information (fake news) can arrive on your noticeboard, it can be sent to you by a friend via whatsapp believing it to be real, or you can even find it yourself by doing an internet search on a specific topic.

It is important to always be critical of the information we get from the internet, especially from social media; and never stick to a single piece of news; it is important to compare it with others. A very useful tip when it comes to detecting fake news is to see if the news



indicates the source of the information and to check if this source has really published the news. At the same time, the source of information must be reliable.

The use of new technologies carries several significant risks. Technological addiction can develop due to excessive and uncontrolled use of electronic devices, which can result in difficulties in switching off and a decline in other areas of life. Over-reliance on these technologies can lead to decreased productivity, either due to the learning curve, technical glitches or constant distractions. In addition, misuse of new technologies can have a negative impact on mental health, leading to problems such as social isolation, constant comparison and exposure to cyberbullying. Finally, the spread of fake news online represents a risk for society, as it can distort the perception of reality and generate confusion among users.



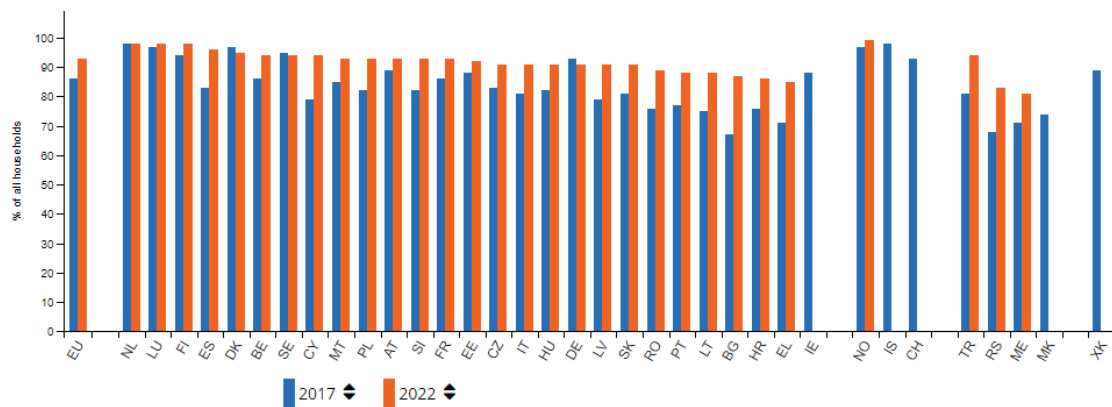
UNIT 4: Data about use of electronic devices in European Union and Turkey. Experts' recommendations.

First of all, following is shown some data about the use of electronic devices and Internet in the European Union and also in Turkey.

Data has been obtained from EUROSTAT, and it is the most updated information that is available. The topics included in this data analysis are:

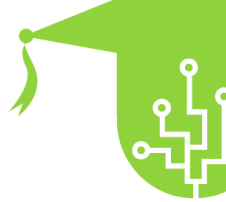
- Internet access of households. That means, how many homes access the Internet regularly.
- Frequency of Internet use. Here is included the information related to the individuals use of the Internet, in that people older than 16 and younger than 74 y.o.
- Type of use of the Internet. The last section includes the analysis of the information consumed in Internet, mainly based on cultural contents such as videos, movies, music, games and news.

Internet access of households, 2017 and 2022



In 2022, the Netherlands, Luxembourg, and Finland led with the highest percentage of households having internet access, reaching an impressive 98% (refer to Figure 2). Spain, not far behind, boasted a rate of 96%, while Denmark stood at 95%, making them among the top EU Member States in terms of household internet access. On the other hand, Greece, Croatia, and Bulgaria reported the lowest rates, with 85%, 86%, and 87% respectively.

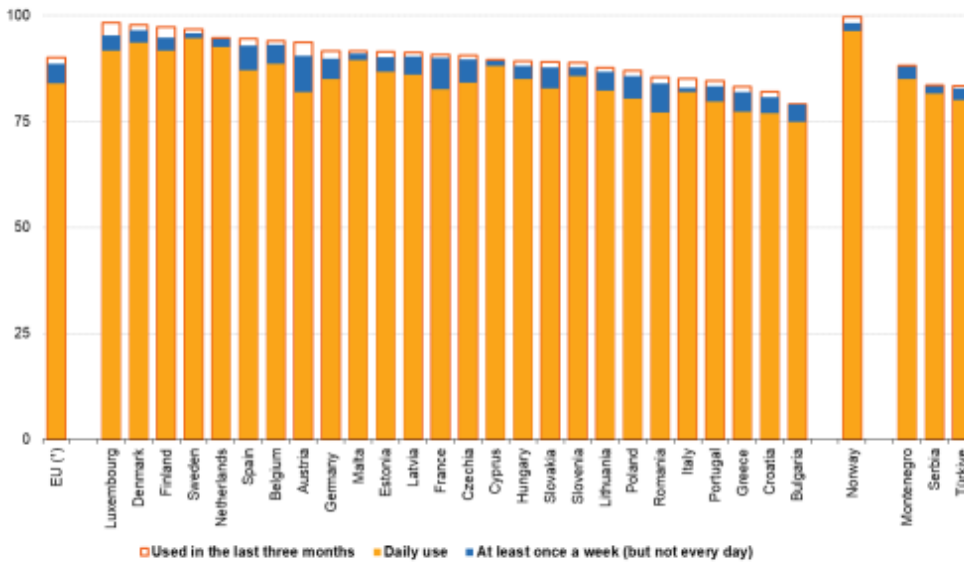
Nevertheless, although some of the leading Member States had already reached a saturation point in terms of household internet access, others were catching up rapidly between 2017 and 2022. Notably, Bulgaria witnessed a remarkable increase of 20%, while Cyprus experienced a 15% surge. Additionally, Spain, Latvia, Romania, and Lithuania saw their rates climb by 13% during the same period.



MEDIA LITERACY COMPETENCES FOR YOUTH WORKERS

By 2022, Norway boasted a household internet access rate of 99%, surpassing the highest scores recorded by the EU Member States, namely the Netherlands, Luxembourg, and Finland, all at 98%. Furthermore, Turkey achieved a rate of 94%, surpassing the EU average of 93% by a single percentage point.

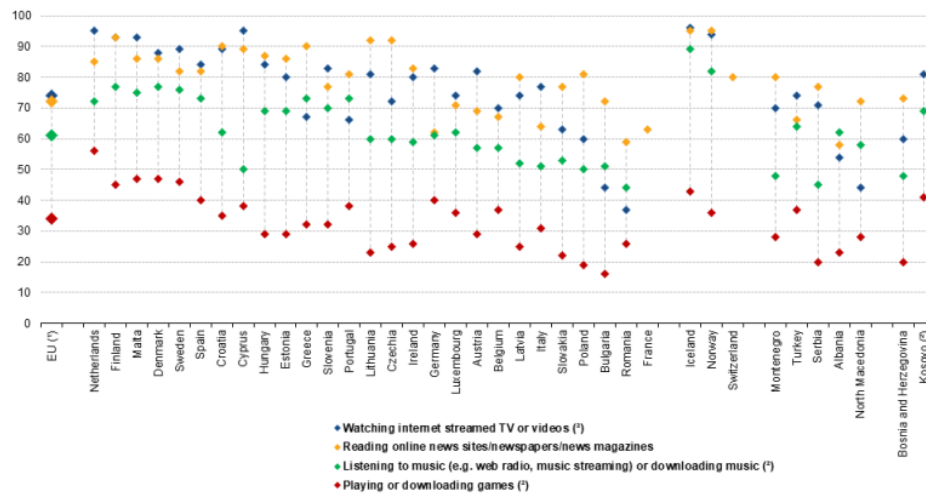
Frequency of internet use, 2022
(% of individuals aged 16 to 74)



(*) Estimate
Source: Eurostat (online data codes: isoc_ci_ifp_ju and isoc_ci_ifp_fu)



Use of the internet for selected cultural purposes, 2021
(% among people aged 16-74 years who used the internet in the previous 3 months)



Note the 2020 data on 'watching streamed TV or videos', 'listening to music (e.g. web radio, music streaming) or downloading music' and 'playing or downloading games' are not available for France and Switzerland.

(*) Estimated.
(*) 2020 data.
(*) This designation is without prejudice to positions on status, and is in line with UNSCR 1244/1999 and the ICJ Opinion on the Kosovo declaration of independence.
Source: Eurostat (online data code: isoc_ci_ac_j)





Using the internet for cultural purposes - first, to watch and read, then to listen and play games

In both 2020 and 2021, a significant proportion of individuals in the EU, aged between 16 and 74 years, utilized the internet, with approximately nine out of ten (88% and 89%, respectively) having accessed it at least once within the three months prior to the survey date [1].

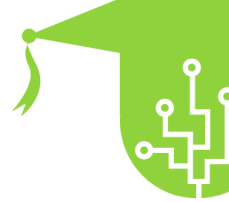
Among the various purposes of internet usage, engaging in cultural activities emerged as a popular choice for individuals. In the EU, 74% of internet users utilized it to 'watch internet streamed TV or videos' (data from 2020). Other prevalent cultural activities included 'reading online news sites/newspapers/news magazines' (72%, 2021 data), 'listening to music (e.g., web radio, music streaming) or downloading music' (61%, 2020 data), and 'playing or downloading games' (34%, 2020 data).

At the national level, the two most common forms of online cultural activities typically revolved around 'reading online news sites/newspapers/news magazines' and 'watching streamed TV or videos'. This pattern was observed in 22 EU countries, with one of these activities being the most popular cultural use of the internet, followed by the other. However, Bulgaria, Greece, Portugal, and Romania deviated from this pattern. In these four countries, the primary cultural use of the internet was 'reading online news sites, newspapers, and news magazines,' followed by 'listening to music (e.g., web radio, music streaming) or downloading music.' Figure 1 illustrates that 'playing or downloading games' occupied the last position for cultural internet usage in the EU, consistently across all available data from EU countries.

Experts Recommendations

List of 6 tips to have a digital well-being and disconnect from the Internet:

- Delete some applications from your smartphone.
- Modify device notifications to receive only the necessary and essential ones.
- Reduce the time of use of some applications.
- Plan periods of disconnection in which technology is not present.
- Use apps that allow you to control screen time.
- Try to turn off notifications, because what they do is distract you, interrupt you and arouse your curiosity to keep you connected



UNIT 5: Find the balance between activities with and without Technological Devices.

In the digital age in which we live, finding a balance between the use of technological devices and time spent on other activities is fundamental to maintaining a healthy and balanced lifestyle. While technology offers countless benefits and opportunities, it can also lead to over-dependence and disconnection from our environment.

To find this balance, it is important to set clear and conscious limits on the use of technological devices. Here are some strategies that can help you:

Set a dedicated time to disconnect: Designate specific times in your day to completely disconnect from technology devices. You can set a time before bedtime or dedicate certain times of the weekend to activities that do not require the use of technology.

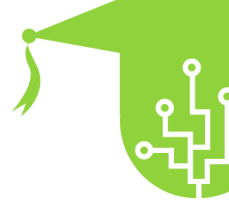
Engage in off-screen activities: Find activities that you are passionate about and keep you engaged outside of the digital world. It can be anything from playing sports, reading a book, exercising, walking outdoors or just spending quality time with friends and loved ones.

Set time limits: Use apps or settings on your devices to set time limits for certain apps or online activities. This will help you be aware of how much time you spend on them and allow you to make more informed decisions about how to allocate your time.

Create a tech-free space: Dedicate an area of your home or daily life where tech devices are off-limits. It can be your bedroom, the dining table or any other place where you want to encourage face-to-face communication and quality time without distractions.

Practice self-reflection: Take time to reflect on how you feel about the use of technology devices in your life. If you feel that you are too dependent or that your well-being is suffering, consider taking steps to reduce your use and seek a healthier balance.

Remember that balance is personal and can vary from person to person. The most important thing is to be aware of your own behaviour and make adjustments according to your personal needs and goals. By finding the right balance, you will be able to make the most of the benefits of technology while fully enjoying other facets of life.

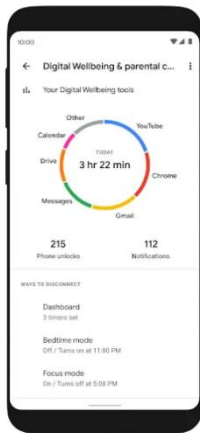


UNIT 6: Tools that can help you reaching a Digital Wellbeing.

Mobile applications to promote digital wellbeing are powerful tools designed to enhance a healthy balance between technology and our daily lives. These apps are designed to support and promote awareness of responsible smartphone, and technology in general, use by encouraging users to set healthy boundaries and adopt habits that promote mental and emotional well-being. These apps may offer features such as screen time tracking, reminders to take regular breaks, mindfulness exercises, and meditation, as well as provide tips and strategies for maintaining a positive relationship with technology. With their focus on digital wellbeing, these apps empower us to make the most of technology without it becoming a distraction or a source of stress, helping us find a healthy balance in our digital lives.

All the Apps that will be shown below are available for iOS and/or Android and are free of use:

Google's native digital wellbeing services



Let's see Google's built-in digital wellness services. These services are integrated directly into the operating system of modern Android versions and can be accessed through the device settings. Google was an early pioneer in displaying useful information such as screen-on time, app usage, and similar statistics. Additionally, they offer a grayscale option that promotes the habit of setting aside the phone and going to bed.

Moreover, these services provide a native focus mode, a pause feature that automatically disables apps after a specified period, and other convenient functionalities. Google offers this service free of charge, requiring only a sufficiently recent phone model to access it.

Link: <https://www.android.com/digital-wellbeing/>



Apple's Screen Time

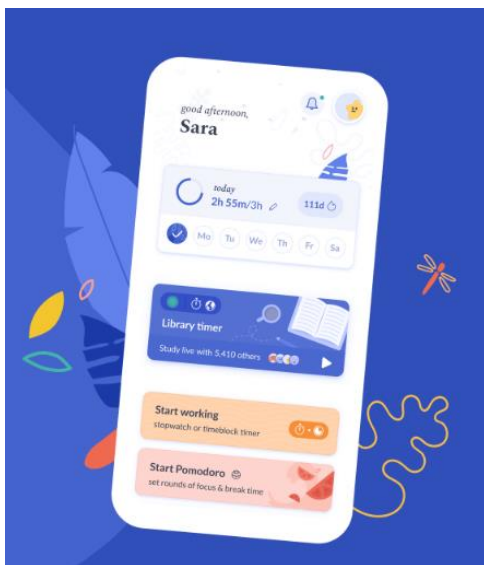
Apple's Screen Time feature aims to tackle the mounting concerns surrounding excessive device usage, smartphone dependency, and the adverse effects of social media on mental well-being. The primary objective is to assist users in reclaiming control over their device usage or, at the very least, raising awareness regarding the time spent on their devices and the activities carried out on them.

Link: <https://support.apple.com/en-us/HT208982>



Flipd

The Flipd app stands out as one of the top digital detox applications currently available. It allows users to join groups and challenge each other. What sets this app apart is the ability to customize your daily screen time limit. Once the timer runs out, all social media apps disappear for the desired duration, while still allowing access to calls and texts.



Furthermore, the app enables users to track their screen time and review it over time. Flipd emphasizes productivity enhancement, particularly for activities such as studying for exams. The app offers a selection of soothing soundtracks, ranging from crackling fires to light rain, to foster focus and tranquility.

An appealing aspect of this app is the provision of free gift vouchers and coupons, serving as incentives for continued usage. While the app is free, unlocking the full experience requires a monthly payment of \$0.99. Nevertheless, the free version already offers a wealth of features.

Available for Android and iOS at Google Play and App Store

Link: <https://www.flipdapp.co/>

Forest

This wellbeing awareness app won't close your social apps down but it uses a kind of game scenario to keep you productive. When you want to complete a task and not be distracted by your phone, simply open this app and 'plant a seed'. Your seed will then grow into a tree as the timer goes up.



However, if you open your phone before the timer is up, your tree will die and you'll have to start again. This is great for procrastinators. The app also encourages you to spend virtual coins that you'll get everytime you grow a tree and when you do this, Forest will plant a tree in the real world! Not only will you stay focused more but you'll be planting new trees in the real world!

Like the other best digital detox apps in this list, you can track your progress over time and view your 'forest' which is exactly that. Every tree you've grown will be represented in a digital forest. Keep being productive and grow your forest!

Available for Android and iOS at Google Play and App Store

Link: <https://www.forestapp.cc/>

Fabulous App

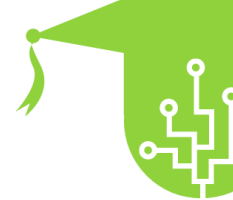


Fabulous is an award-winning self-care coaching app that harnesses the power and wisdom of behavioral science to help you develop lasting healthy habits. You'll learn how to create meaningful daily rituals and stack habits to create routines that guide you towards achieving all your goals.

Fabulous was incubated in Duke University's Behavioral Economics Lab, led by Dan Ariely. Using a science-backed approach to habit-building, you'll learn how to turn small daily tasks into profound and lasting change. You'll use the same methods that elite athletes and successful entrepreneurs use to rise to the top of their game. Now it's your turn.

Available for Android and iOS at Google Play and App Store

Link: <https://www.thefabulous.co/>



Conclusions

In conclusion, digital well-being is a crucial aspect in our society today, which has become increasingly dependent on technologies. Technology-based tools offer numerous benefits, such as accessibility to information, global connectivity and efficiency in various tasks. However, they also present challenges and drawbacks that need to be addressed responsibly.

One of the most obvious benefits of technologies is access to information. Thanks to the Internet and social networks, we can obtain knowledge in virtually any field of study, which has democratised learning and fostered the dissemination of knowledge. In addition, global connectivity allows us to keep in touch with friends and family anywhere in the world, which strengthens interpersonal relationships and facilitates collaboration.

On the other hand, excessive use of technologies can have negative effects on our health and well-being. Spending too much time in front of screens can lead to physical problems such as eye fatigue, headaches and even sleep disorders. In addition, over-reliance on social media and other digital platforms can lead to mental health problems such as anxiety, depression and lack of self-esteem.

At the European level, the use of social media has experienced significant growth in recent years. According to data, millions of people in Europe use platforms such as Facebook, Instagram, Twitter and LinkedIn on a daily basis. While this has enabled greater connectivity and a wider exchange of ideas, it has also raised concerns about data privacy and the spread of false information.

In this context, it is essential to promote healthy screen consumption. This involves setting limits on the time we spend in front of digital devices, balancing our online activities with physical, social and recreational off-screen activities. In addition, it is important to educate ourselves about the risks associated with misusing technology and to adopt online safety and privacy practices.

There are a multitude of apps and tools that can help us to better manage our time in front of screens, especially smartphones. In this document we have collected those that we have found most interesting and useful.

In short, digital wellbeing is an increasingly important issue in our society today. While technologies offer significant benefits, they also pose challenges that require careful attention. By finding a balance between using technologies and adopting healthy screen consumption, we can make the most of the opportunities they provide while protecting our health and well-being in the digital world.



Bibliography

UNIT 1

- <https://www.sesamehr.co/blog/en-que-consiste-el-bienestar-digital-y-como-afecta-en-el-teletrabajo/>
- <https://www.cibersalud.es/bienestar-digital-que-es/>
- <https://www.linkedin.com/pulse/la-importancia-del-bienestar-digital-en-tu-empresa-courtney-mccolgan/?originalSubdomain=es>
- <https://www.citrix.com/solutions/digital-workspace/what-is-digital-wellness.html>

UNIT 2

- <https://www.iebschool.com/blog/ventajas-desventajas-tecnologia/>
- <https://hazrevista.org/transparencia/2020/03/como-ayuda-la-tecnologia-al-acceso-a-la-informacion-en-la-gestion-publica/>

UNIT 3

- <https://intervencionesadicciones.com/adiccion-a-las-nuevas-tecnologias/#:~:text=%C2%BFQu%C3%A9%20es%20la%20adicci%C3%B3n%20a,de%20la%20vida%20del%20sujeto.>
- <https://protecciondatos-lopd.com/empresas/perdida-privacidad/>
- <https://www.exteriores.gob.es/es/PoliticaExterior/Paginas/LaLuchaContraLaDesinformacion.aspx>

UNIT 4

- https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Digital_economy_and_society_statistics_-_households_and_individuals
- <https://adentity.es/bienestar-digital-que-es-y-como-mejorarlo/>
- <https://www.doctoraki.com/blog/bienestar-y-salud/bienestar-digital-y-consejos-para-evitar-la-adiccion-a-la-tecnologia/>

UNIT 5

- <https://www.common sense.org/education/uk/digital-citizenship/lesson/finding-balance-in-a-digital-world>
- https://www.canr.msu.edu/news/strategies_for_using_digital_technology_in_healthy_ways

UNIT 6

- <https://www.androidauthority.com/best-digital-wellbeing-apps-android-3063173/>
- <https://www.android.com/digital-wellbeing/>
- <https://www.pocket-lint.com/es-es/aplicaciones/noticias/apple/144733-que-es-el-tiempo-de-pantalla-de-apple-y-como-funciona/>
- <https://medium.com/change-becomes-you/the-best-digital-detox-apps-for-your-phone-fcb1efa57534>

All pictures have been obtained from free sources: "Designed by Freepik"