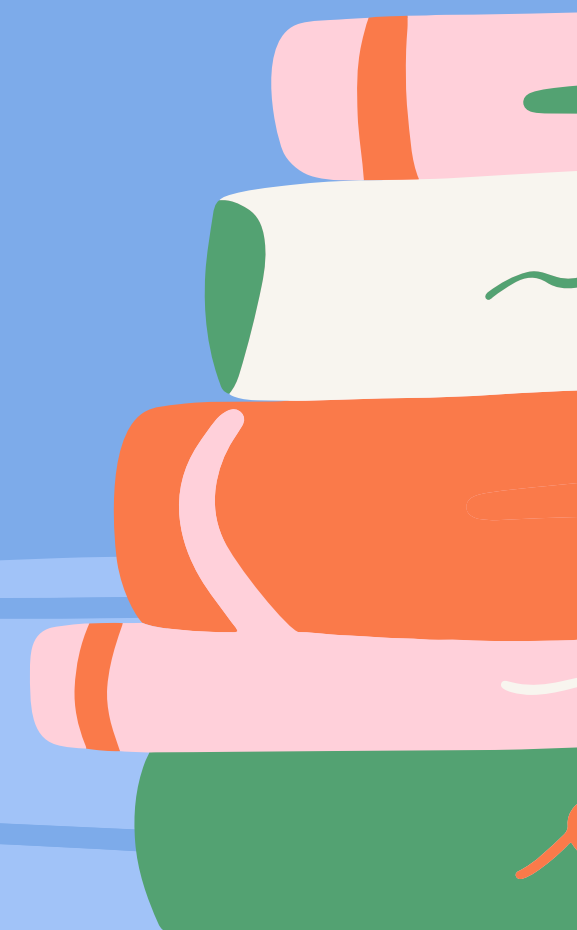


SHARING DIGITAL AND TECH-FREE TOOLS FOR WELLNESS

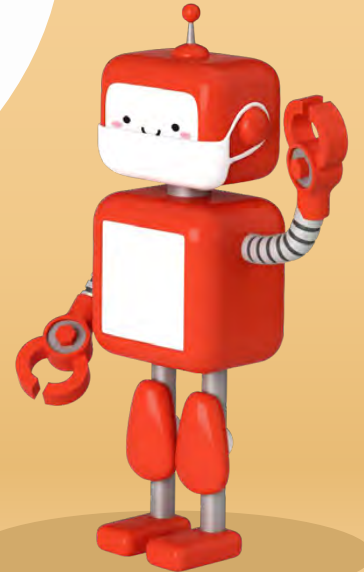
Manuela Borzone, Lafayette College



Digital & Tech-Free Tools and Strategies for Wellness



Manuela Borzone
CITLS, Lafayette College



Introduce yourself:

- **Name**
- **Institution**
- **Role**
- **What brings you to this session?**





Delia Cai 

@delia_cai



another day of staring at the big screen while scrolling through my little screen so as to reward myself for staring at the medium screen all week

2:40 PM · Nov 22, 2020 · Twitter for iPhone

34.9K Retweets

3.6K Quote Tweets

300.2K Likes



WFH

Doomscrolling through
the news

distractions

Multi-tasking

No time to unplug

Too much work
Too little time

Too little quality
time with family,
friends

Too much screen
time

Lack of
balance

Raffle!

Prize: Bluetooth Wireless Headphones

What Tools/Strategies Do You Use for Wellness?

Digital

Share Using the Jamboard

Tech-Free

Share Using the Jamboard

Using the sticky note function share a Digital Tool or Strategy that you use to maintain your own wellness

Apple watch reminds me to breathe regularly and to stand up

Peleton app (You don't need to own a Peleton, you can use it with any bike or treadmill)

Pinterest - Normally recipes or tools to help train my new puppy

Keeping track of steps per day, and hitting a goal

Waybetter app: for steps, losing weight, running, etc. You "bet" to meet certain goals.



FitBit

Youtube

Apple watch, Peloton

Walking zoom meetings!

CALM app

Audio books/podcasts

Using the Sticky Note function share a Tech-Free Tool & Strategy you use to maintain your own wellness

Sniff my bottle of suntan lotion - close my eyes - and picture being at the beach!!!

Volunteer at my friend's horse farm. Nothing like shoveling you know what to clear your head!

Go for walks

Go running with my friend.

Walking my dog everyday with my children, enjoying the sunsets

Pocket Pal Pilates at Your Desk

Run

talk with friends on zoom or phone



Bird watching and going for walks

Take piano lessons

Meet with a spiritual director once a month.

Reading group / book club (even though we meet virtually)

Sitting and petting my dogs.

My kids. Normally that means hotwheels and legos!



Wellness Event for Academics: Kicking off the Spring 2021 Semester

2B. Sharing Digital and Tech-Free Tools for Wellness. Moderator: Manuela Borzone, Assistant Director of CITLS, Lafayette College.

There is no doubt that our devices are here to stay and, while small screens can sometimes be the [cause for distraction, eye strain, disrupted sleep cycle, and more](#), we can also harness their power to help us achieve and maintain wellness. At the same time, [having time away from screens is beneficial to our wellbeing](#). Below are a number of common challenges and digital and tech-free tools and strategies that you can use to create sustainable balance.

Challenges	Strategies	Tools
Maintaining focus while WFH (working from home)	<ul style="list-style-type: none"> • Limit the number of screens around you • Focus on one screen at a time (put your phone away while grading) • “Clean” your desktop/home screen • Turn notifications off for certain apps or during certain hours • Use your best “brain” hours on the most difficult task 	Digital: <ul style="list-style-type: none"> • Google Digital Wellbeing through Technology • Ambient nature sounds/white noise playlists on Youtube/Spotify Tech-free: <ul style="list-style-type: none"> • Journal about the distraction or challenge and then put it away • Use a paper To-Do list
Getting enough physical activity while WFH	<ul style="list-style-type: none"> • Unplug and go for short walks around your block if possible • Dance to your favorite tunes in your living room/while cooking • Park your car far away from the market 	Digital: <ul style="list-style-type: none"> • Down Dog yoga app (currently free through May 1 with .edu account) • Fitness influencers on Instagram/Youtube who highlight body positivity: @curveswithmoves, @aliveliveing & others

		<ul style="list-style-type: none"> ● Runstastic app ● Zoom fitness classes <p>Tech-free:</p> <ul style="list-style-type: none"> ● Walking, biking, running ● Yoga
Multitasking	<ul style="list-style-type: none"> ● Set yourself a set time frame for a specific activity (eg. “read emails for 45 min”) ● Pomodoro Technique 	<p>Digital:</p> <ul style="list-style-type: none"> ● Timer app such as Tomato Timer <p>Tech-free:</p> <ul style="list-style-type: none"> ● Kitchen timer
Too much screen time	<ul style="list-style-type: none"> ● Limit your screen time ● Use your phone’s screen time app to understand where you spend most time on your phone ● Put your phone/screens away 1 hour before bed ● 24-hour screen shabbat to weekend-long phone free time 	<p>Digital:</p> <ul style="list-style-type: none"> ● Screen time apps (on Android and iPhone) <p>Tech-free:</p> <ul style="list-style-type: none"> ● (Distanced) walk with a friend ● Books ● Cooking ● Crafts (paper crafts, knitting & crochet, painting)
Others		Knit to Improve Your Mood