



Exploring your Digital Wellbeing

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We will explore...

1

What is digital wellbeing?

2

What impact does technology have on your wellbeing?

3

What can you do to optimise it?

Short Smartphone Addiction Scale (SAS-SV)

1	2	3	4	5	6
Strongly disagree	Disagree	Weakly disagree	Weakly agree	Agree	Strongly agree

1. I miss planned work due to smartphone use.
2. I have a hard time concentrating in class, while doing assignments, or while working due to smartphone use.
3. I feel pain in the wrists or at the back of the neck while using a smartphone.
4. I am not able to stand not having a smartphone.
5. I feel impatient and fretful when I am not holding my smartphone.
6. I have my smartphone in my mind even when I am not using it.
7. I will never give up using my smartphone even when my daily life is already greatly affected by it.
8. I constantly check my smartphone so as not to miss conversations between other people on Twitter or Facebook (or other social media platforms).
9. I use my smartphone longer than I had intended.
10. The people around me tell me that I use my smartphone too much.

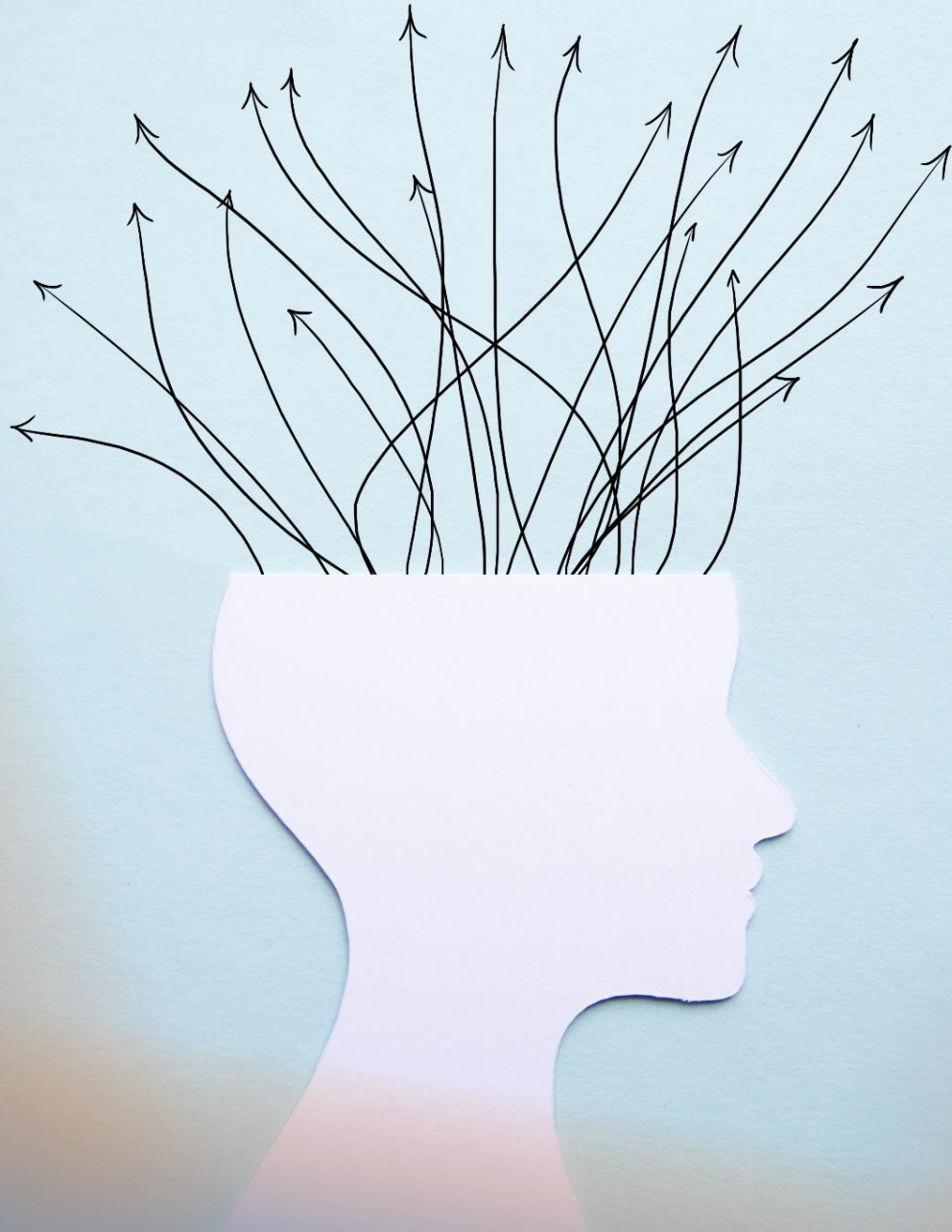
What is digital wellbeing?

“A subjective individual experience of **optimal balance** between the benefits and drawbacks obtained from using technology.” (Vanden Abeele, 2020, p. 12)

“A state where **subjective well-being is maintained** in an environment characterized by digital communication overabundance.” (Gui, Fasoli, & Carradore, 2017, p. 166)

“Using digital technologies **intentionally and for the right amount of time** without being overwhelmed by the psychological manipulations of the Attention Economy.” (Roffarello & Russis, 2023, p. 496).





Different approaches:

- Digital Self-Control Tools (DSCTs)
- Supporting a good relationship with technology
- A wellbeing-supportive technology design



The PERMA+ model of wellbeing

- Positive Emotions (P)
- Engagement (E)
- Relationships (R)
- Meaning (M)
- Accomplishment (A)
- Physical Health (+)

Reflect on the positive and negative impact of technology on your:

- Emotions (mood)
- Engagement (motivation)
- Relationships with others
- Your greater aspirations
- Achievement of your goals
- Physical Health (sleep, exercise and nutrition)



Optimising your use of technology

What could you do to **optimise** the positive impact and decrease the negative?

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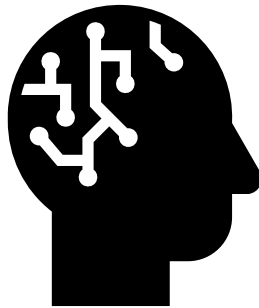
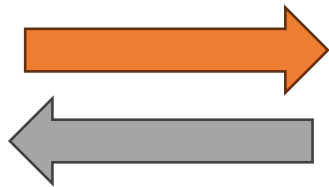
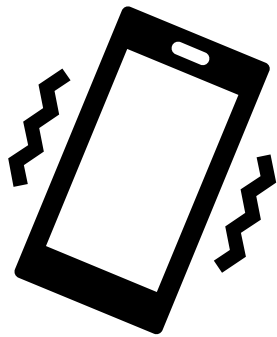
Sense of coherence (Schneider et al. 2022)

“A generalized orientation toward the world which perceives it, on a continuum, as comprehensible, manageable and meaningful” (Antonovsky, 1996, p. 15):

- cognitive (comprehensibility) – mindfulness
- behavioral (manageability) – self-control
- emotional-motivational (meaningfulness) - purpose



The relationship between technology and wellbeing



- Emotions (mood)
- Engagement (motivation)
- Relationships with others
- Your greater aspirations
- Achievement of your goals
- Physical Health

Digital Wellbeing Tools (Al-Mansoori, Al-Thani, & Ali, 2023)

Minimize and manage usage time	Enhance online experience (maximize benefits for fulfilling experience)	Educational and sociotechnical support
Nudge Actuflow Socialize (app) Facebook-investment Mindphone	AMSS Happify Pasue-board Pudelwohl Annotif Finesse (system) Jump and jump Chirp Twitter client TRIPP Unified mobile application	Power study D-Creastinate FoMO_R Serious game Smart planning course



Thank you!
Any Question?