

# Thriving Digitally

*Simple Strategies to Boost Wellbeing & Peak Performance in a Digital World*

DR KRISTY  
GOODWIN

*Tame your tech habits & behaviours so you can thrive online AND offline.*



## UNDERSTANDING DIGITAL DEPENDENCE & DISTRACTION

The digital technologies we use for work and leisure have been deliberately engineered to be psychologically appealing and captivate our attention. Our digital habits satisfy our basic psychological drivers, cause neurobiological changes in the brain and body and there are persuasive design techniques to get and keep us hooked.



## PILLAR 1- DIGITAL BORDERS & BOUNDARIES

We need to create and enforce digital boundaries to ensure that our mental wellbeing and physical health aren't compromised by digital devices. What micro-habits can you embed into your day to create boundaries around how, where, when, for how long you use technology? Can your team come up with a communication plan/policy? Can you use tech tools to moderate your use?



## PILLAR 2- NEURO-PRODUCTIVITY TACTICS

We know more than ever about the human brain. We need to apply our understanding of neuroscience to our digitalised work contexts. Work with your body and brain's biological rhythms: set up your ideal workday so it's congruent with your chronotype, ensure you build a fortress around your focus during this time by disabling digital distractions.

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WE HAVE ANCIENT BRAINS TRYING TO OPERATE IN AN ALWAYS-ON, BUSY DIGITAL WORLD. OUR BRAINS WERE DESIGNED TO FORAGE FOR INFORMATION, NOT HAVE IT CONSTANTLY THRUST AT US. WE HAVE TO WORK WITHIN OUR NEUROBIOLOGICAL CONSTRAINTS.

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## About Kristy

*Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She provides brain-hacks for peak performance in a digital age. Kristy helps corporate teams and high-performers optimise their wellbeing and productivity so they can thrive in the digital world.*

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### PILLAR 3- DISABLE DIGITAL DISTRACTIONS

Technology, if not carefully managed, can put a dent in our productivity and compromise our performance. What are some micro-habits that you can embed into your workday (and personal life) to ensure that your attention, your most critical skill you can cultivate, isn't hijacked by alerts, notifications and tech-temptations?



### PILLAR 4- DIGITAL DISCONNECTION

Our brains and bodies need time to digitally disconnect. Investing in our rest and creating time for white space is vital for our psychological wellbeing, ideation and physical health. Can you create your ideal week and deliberately plan some green time and unplugged time? Your brain needs white space & idle time.



### CREATING HABITS THAT STICK

Consider what's driving your digital habits. Are you low in Vitamin Cs- connection, competence, control? When and where are you using devices? What cues and rewards can you apply to create new, healthier digital habits? How can you create more friction so it isn't as easy to go down the digital rabbit hole?

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TAME YOUR TECH HABITS SO YOU'RE NOT A SLAVE TO THE SCREEN. YOUR TIME AND ATTENTION ARE YOUR MOST CRITICAL SKILLS...AND IF YOU'RE NOT INTENTIONAL WITH TECHNOLOGY IT CAN CAUSE DISTRACTION, DEPENDENCE, DEPLETION & DISCONNECTION.

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## Let me help you to thrive in the digital world

*I share regular tips and tricks on social media (the irony isn't lost on me) and in my newsletter. Access my FREE eBook Five Essential Digital Productivity Hacks (sign up here and I promise not to add to your email overwhelm). I also have two eCourses that you can access at your own pace to help you thrive online.*



TAMING  
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DIGITAL  
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RESET