

Digital Wellbeing

DR KRISTY
GOODWIN

Borders & behaviours that will support peak-performance in the digital age



WHY 'DIGITAL BURNOUT' IS A RISK

As knowledge workers it's easy for work to bleed into your personal life. As a result, employees don't get the required psychological or physical break from their work. When working online, we're often working against our biological constraints (multitasking, distractions, working from home and at all times of the day and night). Whilst productivity measures may indicate employees are flourishing, it's masking an exhausted workforce that are constantly 'switched on'.



WHY WE'RE TETHERED TO TECHNOLOGY

The digital tools we use for work and leisure:
// cater for our 3 basic psychological needs (connection, competence & control);
// cause neurobiological changes (dopamine, adrenaline, activate our stress response);
and
// use a range of persuasive design techniques to make them hard to resist (alerts, notifications, metrics).



ASSESS YOUR DIGITAL HEALTH

Take my free 'Digital Health Check' Assessment and determine how your digital habits are serving you:
drkristygoodwin.com/checkup/
Are you a digital disaster, tech tamer, or digital master?
Commit to five new micro-habits by downloading the micro-habits worksheet here. What new habits can you embed to foster healthy and sustainable tech habits?

“YOU CAN'T OUTPERFORM YOUR BIOLOGICAL CONSTRAINTS. YOUR BRAIN AND BODY ARE NOT MACHINES. WE NEED TO WORK AND LIVE IN WAYS THAT ARE CONGRUENT WITH OUR BRAIN'S AND BODY'S NEEDS.”



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.

 WEBSITE

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PHYSICAL HEALTH MICRO-HABITS

1. Vision- implement the 20-20-20-20 rule (every 20 minutes using a screen, take at least a 20 second break, look at something 20 feet/6m away and blink at least 20 times). Don't set your workstation up under fluorescent lights or windows (if possible). Balance your screen time with 'green time'. Time in nature helps with your focus and eye sight. Wear blue light blocking glasses to help with digital eye strain. I recommend Baxter Blue (use the promo code 'drkristy' to get 10% discount).

2. Hearing- apply the 60-60 rule when listening to music with headphones. 60% of maximum for 60 minutes/ day. Wear noise-canceling headphone or ear-muff style headphones and avoid their use as a pedestrian.

3. Posture- set your workstation up so that your back and neck are straight. Keep devices approximately 45 degrees below your eye line and try to elevate devices. Take regular breaks and move regularly to recalibrate your posture.



MENTAL WELLBEING MICRO-HABITS

1. Sleep- establish a digital bedtime for devices, ideally 60 minutes before you sleep to help with melatonin production (set a reminder on your phone, have a landing zone). Keep your device on airplane mode and out of sight if it's in your bedroom. Do a tech-swap before bed.

2. Stress-our digital devices can activate our sympathetic nervous system (fight or flight response) by checking them when we already feel stressed/anxious/upset and by causing 'decision fatigue' (or brain has a finite cognitive load which we deplete every time we need to resist opening a notification, or making a choice). Minimise your digital load by unsubscribing and avoid using tech when already feeling stressed.

3. Anxiety/depression- social media can result in the 'compare & despair' phenomenon and erode our capacity to focus. Cull your social media following, don't book-end your day with digital devices. Take regular breaks- REMNAC (rest by closing your eyes for 10 seconds, exposure to light, movement, nature, autonomy and connection with others). Create 'powering down' routines and mental associations that will help you unplug of working from home.

“ TAME YOUR TECH HABITS. DEVICES ARE YOUR SERVANT, NOT YOUR MASTER. PUT BOUNDARIES AND HABITS IN PLACE TO ENSURE YOU'RE IN CONTROL OF TECHNOLOGY. ”

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
EMAIL



DIGITAL
WELLBEING
RESET