Impact   About   Contact Information   Resources

Toggle Dark Mode

Digital Break

Having an intention while using technology.

Educational

Resources
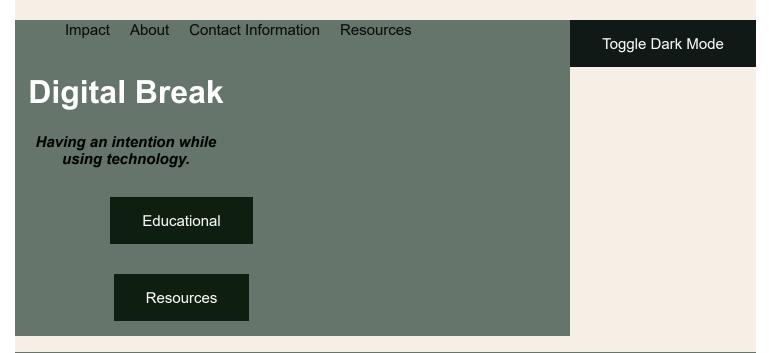
Description

This topic is about **digital mindfulness**. Digital mindfulness is about being mindful about the way we use technology. Many people end up spending way too much time on their phones without event realizing it. This can be quite damaging to our mental health as we mindlessly consume content after content.

There's a huge problem with people procrastinating using technology rather than using it as a tool. This website will include links to articles for information about our use of digital technology. It will also include some ideas on how you can spend your time in other things.
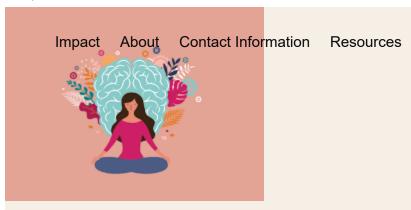
Impact!

Where can this problem have lasting effects?

Social media is a tool which can at times be harmful to our mental health. Extensive use of social media can result in developing mental health problems and body image issues.

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Mindfulness. It's important to have an intention while using social media.

Practicing mindfulness while using social media is a great way to utilize this tool in productive ways. For example, you can look up on YouTube how to code a website in CSS and HTML, and giving your full undivided attention to the video. That means, no other videos playing in the background and not scrolling through your YouTube while the video is playing.

Where else else can this problem have lasting effects?

Why?

Contact Information

Some information about me!

- My name is Tahia.
- I am attending a university for my bachelor's in Computer Science.
- My GitHub account is NotCheery.

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