# Educational Application Guide for Educators

**Select applications with mental health in mind:**

- Vet apps for <u>notifications</u>, <u>privacy</u>, and <u>usability</u>.

- Monitor gamification and adjust to student needs.

**Encourage healthy habits:**

- Remind students to take movement breaks and practice eye exercises.

- Suggest using blue light-blocking glasses.

**Support social and emotional well-being:**

- Foster in-person connections.

- Normalize mental health discussions.