**Paper 1: Understanding digital wellbeing**

The digital development and transformation has a huge impact on a variety of aspects from the human’s life. Furthermore, it is affecting the capability of one to cope and deal with the outside world is getting harder as the number and amount of people and circumstances one has to cope with is a lot bigger than it used to be. As a result, it is affecting the person’s social life as well as the aspects of their self.

Another important point is that until this time, the understanding of the impacts of digital wellbeing is very limited and not taken seriously. So, as a purpose for aiming toward that point and trying to make a step forward, the paper analyzes the impact of four digital technology types on the human wellbeing. As, all the impacts and factors need to be considered since the development of technology will continue to increase as the time passes.

**Paper 2: The potential and challenges of digital wellbeing interventions**

There is a huge opportunity of using the digital technology in the benefit of the human’s wellbeing. As there are studies and ideas for designing the technology in a way to help and support the psychological aspect through understanding change dynamics in the human’s behaviors and emotions.

This paper aims to discuss the responsible role of technology to improve the wellbeing as a therapeutic tool. It focuses on the adaptation of change as well as the potential relapse or self-threat risks.

Despite the fact that this idea targets mostly the people that have psychological problems, it remains to be a help for the people who are interested in this field even if they didn’t have any problem, as it will enhance their wellbeing and enlighten them more regarding this field.

**Paper 3: Digital wellbeing in the 21st century**

The technological developments are believed to affect the human’s creativity as it solves many problems fast without having to think and be creative. Also, it is believed to have a huge negative impact on the neurology of the human as well as causing social pathologies. So, we need to consider whether we are going the right way and dealing with technology in an affective accurate way.

As a fact, there are always many personal and cultural effects of any major development. However, the development of technology in the last decade is occurring in a high pace that is very challenging to be coped with, which is leading to the huge debates recently regarding digital wellbeing.

Also, the strategies to deal with the technology needs to be dynamic rather than stationary because it will keep growing, so if it was stationary it would soon be useless as a strategy. Another point is, we should keep in mind that we still need technology so cutting it is not the solution, the best solution is to know how to properly use it in the healthiest way.

**Paper 4: The race towards digital wellbeing**

The paper studies the applications that have been trending lately, which limit the time of usage for the user. As useful they were for many people, as limited they were. The applications turned out to be useful and effective in specific cases only, otherwise, they are not effectively changing the habits of the users or enhancing their wellbeing, because cutting the usage for some time is not the most effective and adequate strategy for such a huge problem.

This paper focused on the users’ behavior with smartphones, including technology overuse and smartphone addiction. Based on the result of 3 papers, turns out that despite that this type of applications limits the time for the user, the habits remain the same and need a lot of time to be changed due to the effect of social media.

In the end the paper suggested solutions that emphasize on the habit formation and social support theories.

**Paper 5: Designing digital wellbeing**

As known, the technologies always aim to maximize their users’ engagement and entertainment. Recently, they have been aiming for features regarding digital wellbeing as the technological addiction and other problems started to become known.

Just like any tool in this world, technology has advantages, disadvantages, opportunities, and threats. So, it could be a great enhancement for the wellbeing, like in boosting one’s confidence to connect with people. However, it could still affect their social life negatively as in the end it remains a virtual world.

Moreover, as users we should be responsible by taking the right decisions in how to use technology and how to prevent it from threatening our aspects of life.