

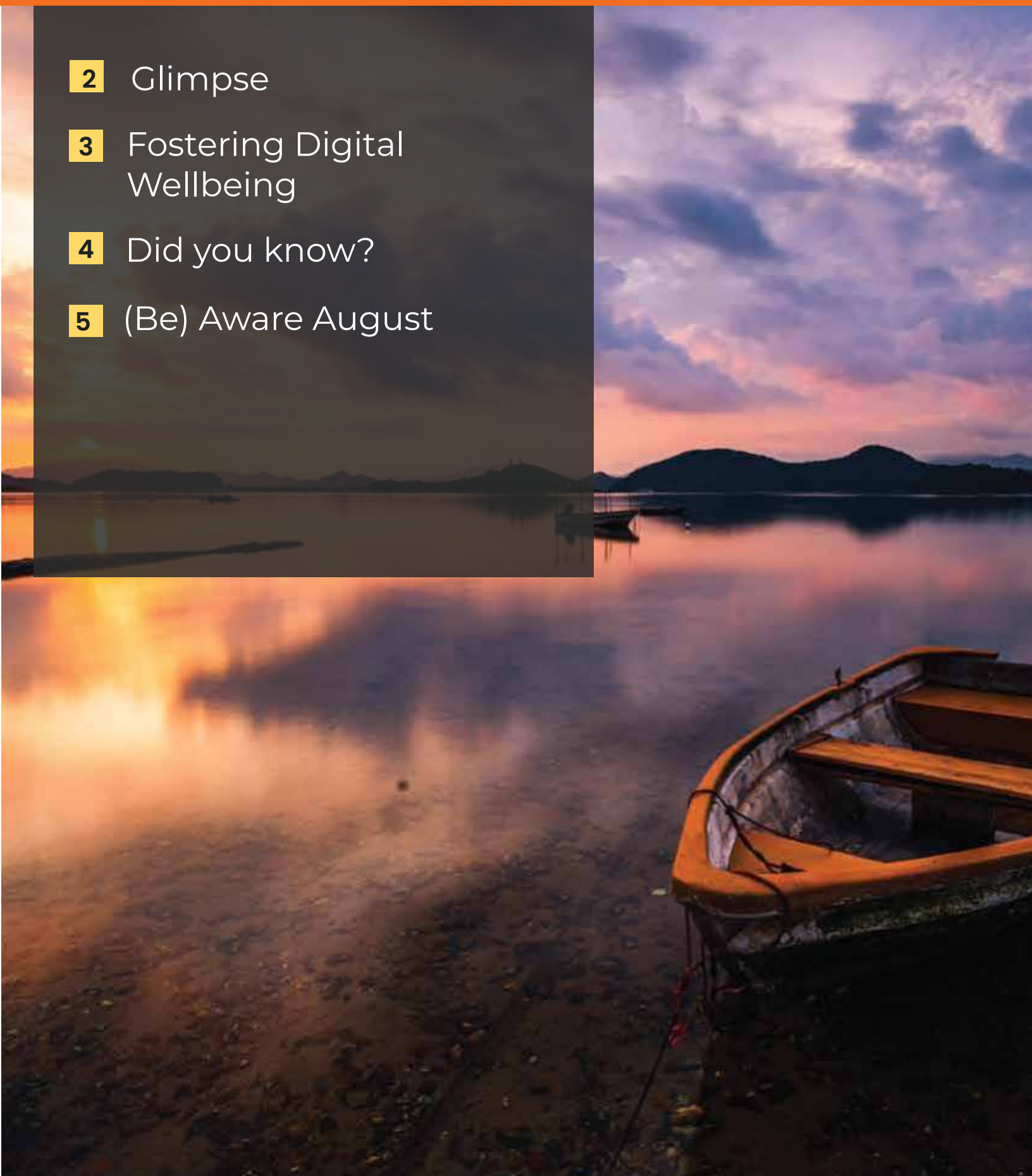
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#August 2021

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Wellness Cell has introduced a Community Service Volunteering opportunity for its student community, where students can work as extended members of the cell and contribute positively towards the betterment of the community at large. Woxsen will also provide a certificate of appreciation after 1 year of service completions.

Upcoming Events

MindFicent Series

The Student Wellness Cell is all set to start with MindFicent Series, a flagship initiative of the cell to take care of young minds at Woxsen and inspire them to take ownership of their mental and emotional wellbeing.



Technology has completely transformed our lives. Never in our wildest dreams could we imagine that every aspect of our life will be so interconnected. When the pandemic started creating havoc in our lives; technology came to our rescue. It didn't matter whether it's for our work, leisure, education, or just some social interactions; the world came at our fingertips. While everything in our life couldn't be accommodated by digital solutions, a lot of things were yet achievable. We could still attend our classes, work remotely, and maintain social connections with friends and family.

Unfortunately, this has also forced us to be glued to our screens most of the time. With an increase in screen time, there are several physical effects like eye strain, fatigue, and lower back pain. However, experts are also warning about the potential mental health hazards an individual might suffer due to the incessant use of technology.

Screen time & Mental Health

Some researchers suggest that increasing screen time can negatively impact the psychological well-being of an individual. Some of the common symptoms include :

- 1.The feeling of being overwhelmed
- 2.More distractibility
- 3.Disturbance in the sleep cycle
- 4.Increase in anxiety

- 5.Low energy
- 6.Diminished motivation
- 7.Frustration
- 8.Inability to complete a task

What is Digital Wellbeing?

Digital Wellbeing suggests that human interaction with technology should support the mental, physical, social, and emotional health of human beings. It refers to our capacity to look after our overall wellbeing in digital spaces. Our wellbeing in our digital life is as important as our real life.

How digital wellbeing can help us?

Maintaining Digital well-being can help us improve our overall psychological well-being and improve our physical health as well. It can help towards reducing stress, anxiety, and distraction. It can also improve our productivity and lift our mood. Additionally, better sleep regulation can also be achieved.

10 ways to foster digital well-being

- 1. Awareness is the key:** Being aware of your digital life can help you to understand your digital behaviour and practices. How much time do you spend on the internet? What are the apps that you visit frequently? What are the activities that you generally do when you are on social media? It is important to ask yourself these questions, so that you can be aware of your exact pattern of behaviour.
- 2. Unplug yourself for an hour:** Take a break from all your digital devices. Disconnect from the tech to connect with nature. Go for a walk or exercise at your home. Take some time off from the screens.
- 3. Turn off notifications while working and sleeping:** This very simple trick always works. This will help you to avoid all the distractions in and around you.



4. Keep a particular time for checking social media:

By maintaining a fixed schedule you won't constantly have the urge to open and close the apps to check if there is something new. Social media can wait because your work deadlines won't.

5. Set timers to certain distracting apps: Android and iOS allow its user to keep a track on their online activities. You can set a timer on how much time you would like to engage in any particular app.

6. Avoid mindless scrolling: Content available on the internet is infinite, your energy and time is limited. Use them wisely by avoiding mindless scrolling.

7. Avoid apps that tend to gamify your activities: Companies spend a significant amount of money to gamify their apps. Apps are gamified with constant streaks and rewards which forces you to come back and use them frequently.

8. Turn towards other leisure activities: Don't use your mobile for leisure activities. Instead, read a book or inspire yourself to paint something you always wanted to paint but never got around doing it. Find any healthy activity that doesn't involve using your electronics.

9. No screens rule before going to sleep: Before you make your bed and go to sleep follow one simple rule religiously. No screen time at least 1 hour to 30 minutes before sleep. You will be amazed by the results.

10. Engage in more face-to-face interaction: In the Covid era this might be hard, but it is possible. Stay at least at 6 feet distance in an open area and engage in conversations. Remember to always wear a mask and follow all government-mandated guidelines.

The way we engage ourselves on digital platforms can impact us physically, emotionally, and behaviourally. It is important to focus on our digital well-being and mitigate the risk of potential mental health hazards. The internet is a neutral place, however, how we choose to interact with it determines our overall wellbeing.

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iPhone Effect

A study examined the relationship between the presence of mobile devices and the quality of real-life in-person social interactions. It was found that people who had conversations with each other in presence of a mobile device had lower levels of empathy than people who had conversations in absence of a mobile device. People who had conversations in the absence of mobile devices reported higher levels of empathetic concern.



#(BE) AWARE AUGUST
 #MONTHLY WELLNESS CHALLENGE

This August, take out some time every day to be more aware of your digital life. Share your experience if you have followed all the digital wellbeing practices and their impact on your life.

Last date to send entries: 19 August 2021



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