

# Emotional wellbeing in digital space

**Digital space** refers to what is displayed on the screen of a **digital** device.

**Physical  
Health**

**Mental  
Health**

**Social Well  
Being**

**Emotional  
Well Being**

# Eight Dimensions of Wellbeing

Emotional

Social

Spiritual

Occupational

Intellectual

Financial

Environmental

Physical



# EMOTIONAL WELLNESS

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.





**Life is digital by default**

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**So what is its impact on  
mental health ?**



# Digital Wellbeing

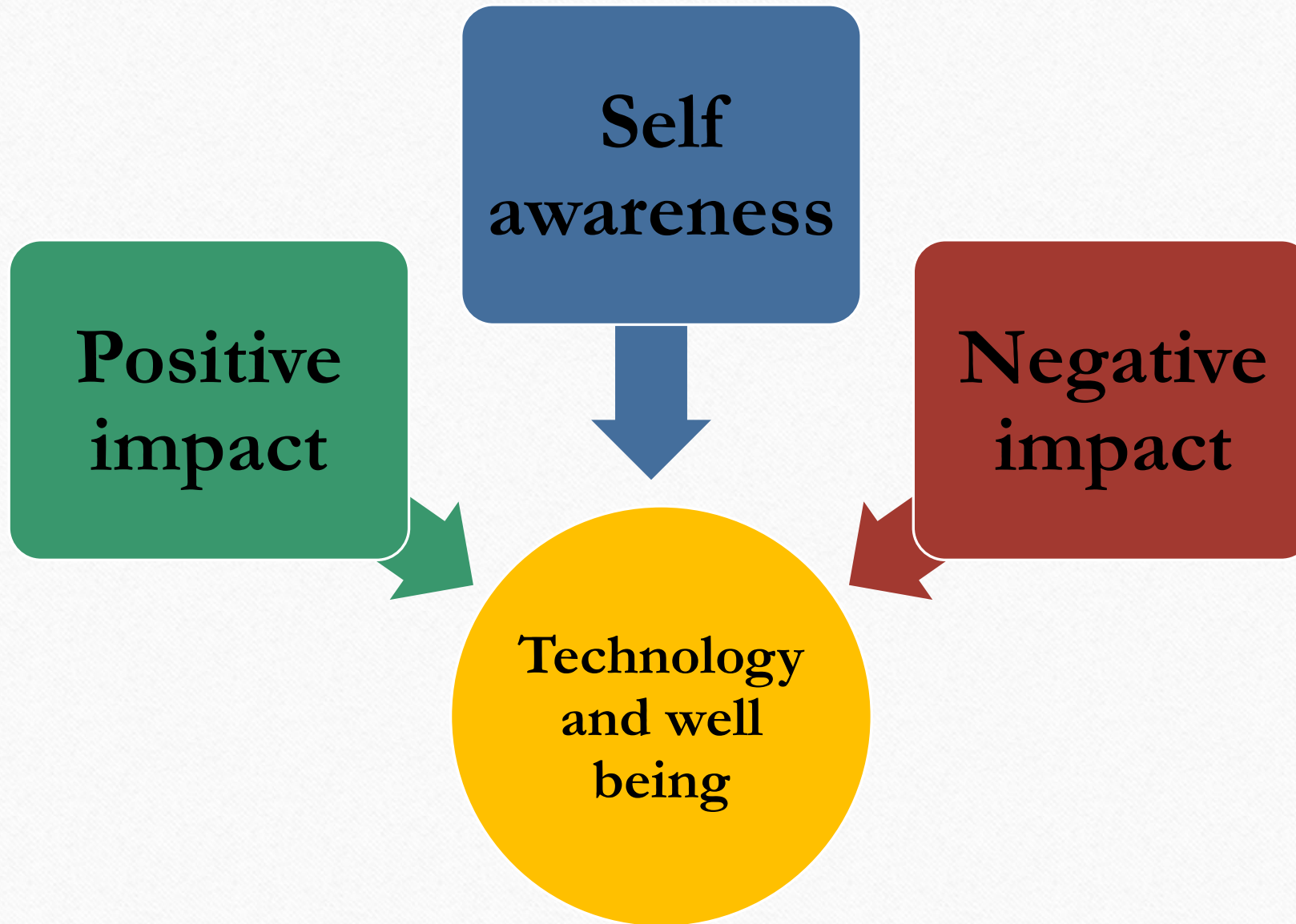
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**Impact of technology and digital services on physical, mental and emotional health.**

# Challenges

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- **Screen**
- **Digital overload**
- **Online safety**
- **Addictive behaviour**



# Digital wellbeing

**SOCIAL**

**PERSONAL**

**LEARNING**

**WORK**

# Digital - Social well being

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- Prevents isolation and maintains relationships
- Reduces loneliness
- Connectedness and participation
- Increased opportunities

# Digital -Personal Wellbeing

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- Personal identity
- Self worth
- Enjoyment
- Conveniences
- Accessibility
- Physical health

# Digital- Learning well being

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- Alternatives in learning
- Online collaborations
- Multiple learning activities
- Practice and upgrade
- Better access to learning
- Variety in assessments and feed back

# Digital -Work wellbeing

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- Better communication
- Collaborations globally
- Flexibility
- Managing overload
- Online professional identity
- Linked to others



# Digital Anxiety

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- **Digital anxiety is stress caused by negative interactions in emails, texts, social media, chat rooms and forums.**

# How do I recognize this ?

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- Physical symptoms
- Panic attacks
- Isolation or withdrawal
- Increased secrecy
- Anger
- Depression
- Failing grades
- Rebellion

# Social Media

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- **Websites and applications that enable users to create and share content or to participate in social networking.**

# Addiction

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- **A compulsive physiological or psychological need for a habit forming behaviour or activity with harmful physical , psychological or social effects .**

# How can an adult support ?

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- Children need interactions not entertainment
- Identify the motivations
- Help with social skills
- Don't scold them for their desire
- Time limits
- Age appropriate
- Model appropriate cell phone and social media use
- Discuss the risks
- Notice changes
- Open lines of communication
- Climate of trust, empathy, love

# Cues for Interactions

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- **Do you know we love you and are concerned?**
- **Have you noticed yourself struggling?**
- **Have you tried to stop?**
- **Have you thought of getting help?**
- **How can I help you?**

# Improve emotional health in digital space

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- Be self aware
- Learn to express
- Take time to think
- Deal with your stress
- Maintain balance
- Be active
- Find purpose and meaning
- Stay positive
- Connect with others
- Learn new skills
- Give to others
- Be mindful

# Are you digitally subsumed?

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- Do you reach for your phone every few minutes?
- Do you feel left out when you cannot be online?
- When you log onto social media you feel happy.
- You are often unable to keep schedules.
- You take your phone to the bathroom.
- You would rather be online than sleep.
- Your communication with others has reduced.
- You are no longer confident of your interpersonal skills.



# Ask yourself?

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- Am I happy ?
- What is my relationship quality?
- Am I successful at work/school ?
- Am I functioning well on a daily basis?

# Food for thought

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- The human brain is known to adapt to the environment.
- The environment is changing in an unprecedented way.
- Is the brain also changing in an unprecedented way ?