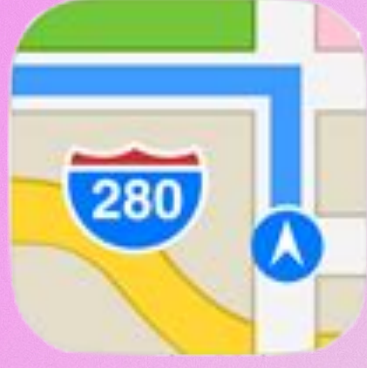


8:54



Digital Health



8:54

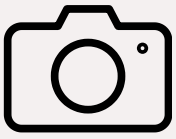


Multitasking while doing homework can lead to spending more time to achieve the same level of performance.

So I should be putting aside my phone while completing an assignment?

Ya. You'll end up spending less time on it.
So don't text me back now :)

Delivered



Instagram



carletonswas

Lin et al. (2016)



Increased time spent on social media and higher number of visits to social media sites were associated with increased rates of depression.



carletonswas Think about why you use social media and what benefits and drawbacks it may have.

Does it increase your levels of happiness and connectedness?

Does it have any negative impacts in your life?

Checking email less frequently reduces stress.



Kushlev, K., Dunn, E.W. (2015)



Checking email a few times a day, compared to checking it constantly throughout the day, can lead to lower levels of stress.



Carleton SWAs



Being responsible about emails is important, but consider disabling email notifications and manually checking a couple times a day instead.



7:23

Wednesday, October 30

Setting your phone to Do-Not-Disturb (disabling notifications) can increase focus and decrease restlessness.



Kushlev, Proulx, & Dunn (2016)

Having auditory, tactile, and visual notifications enabled on a mobile device and having that mobile device within eyesight can cause higher levels of inattention and hyperactivity.



11:23

Wednesday, October 30



Exelmans & Van Den
Bulck (2016)

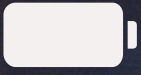
Bedtime phone
use is associated
with more fatigue
and later rise time.



Carleton SWAs

Make your bedtime
a phone-free time.





4:23

Wednesday, October 30



Excessive daily cell phone use is associated with:

- Poor sleep quality
- Reduced academic performance
- Decreased mental health and life satisfaction

Li, Lepp, and Barkley (2015).



Carleton SWAs

Consider what you use your phone for. Do you need to be notified for everything? Is the time you spend on your phone necessary? Productive?

***(TITLE)* Digital Health**

***(Subtitle)* How you can stay healthy — digitally**

Resource 1

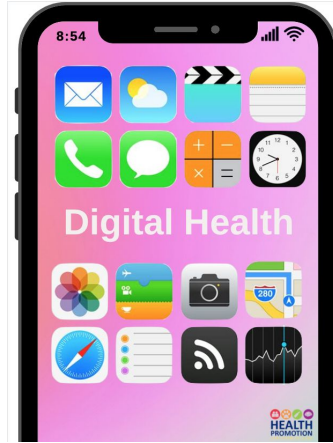
Resource 4

Resource 2

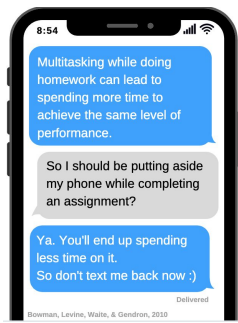
Resource 5

Resource 3

Resource 6

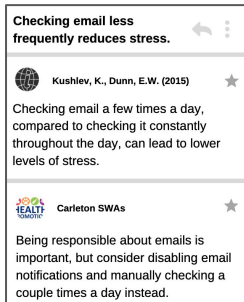
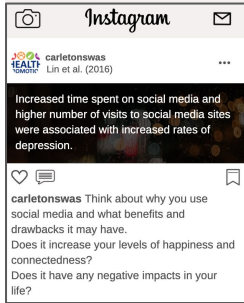
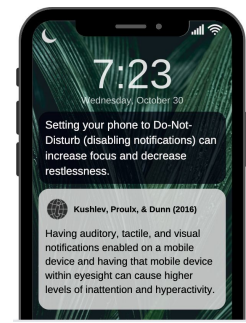


Note: the center poster may need to be printed larger for your bulletin board.



(TITLE) Digital Health

(Subtitle) How you can stay healthy — digitally



Note: the center poster may need to be printed larger for your bulletin board.

