



Week 4: My Digital Life and Wellbeing

The strongest power of any cyberhero is knowing their limits. Taking care of personal wellbeing by knowing to rest, pause, and when to set boundaries in their use of digital technology and the internet is an essential part everyday life.

By educating and encouraging ourselves to moderate our own use of digital technology, we reinforce our power as cyberheroes over potential threats. This includes implementing screen time limits, and muting notifications on mobile devices to prevent constant interruptions and knowing when to log off to maintain healthy habits with physical activity, nutrition, and sleep.



[Empowering Mental Health in the Social Media Age](#)



[Powering Down and Living Outside your Devices](#)



[Protecting Self-Esteem in a Digital Age](#)

Learn more with these resources



- [How healthy is your relationship with technology?](#)
– Quiz
- [Student Mental Health Toolkit](#)
- [Screen time and well-being](#)
- [Building healthy habits and staying safe online](#)
- [Seeking help for mental health](#)
- [Helping kids manage digital technology](#)