

DIGITAL WELL BEING



Story & Design: Poornima Meegammana

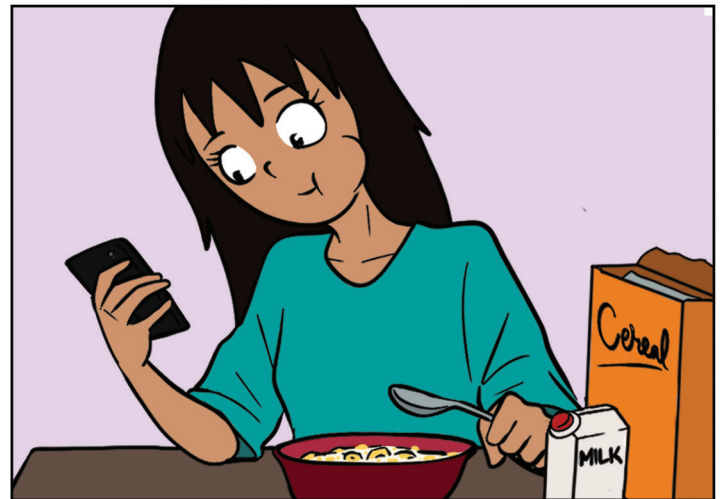
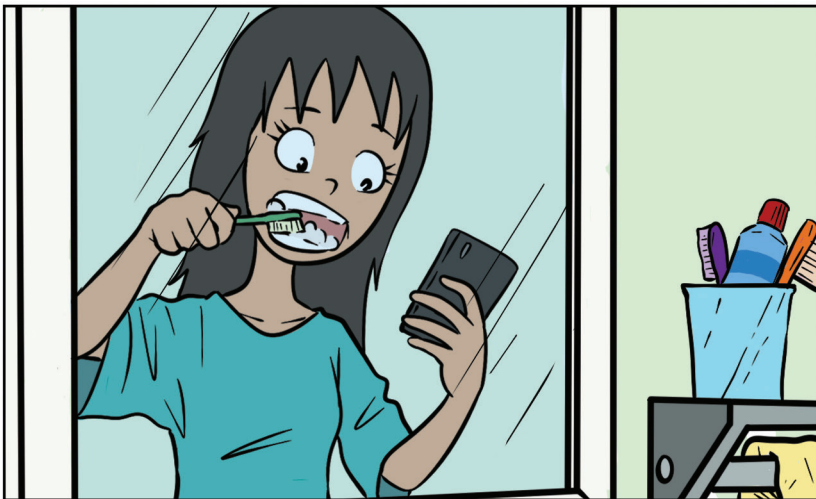
Artist: Poornima Meegammana

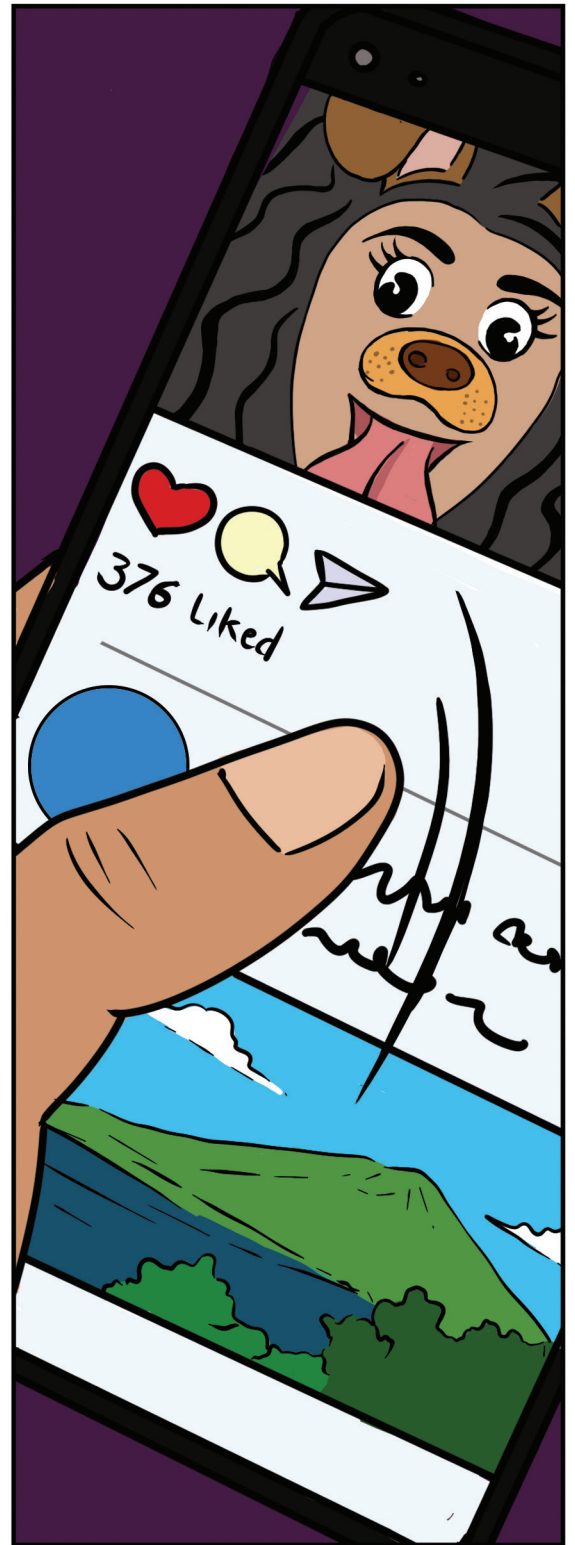
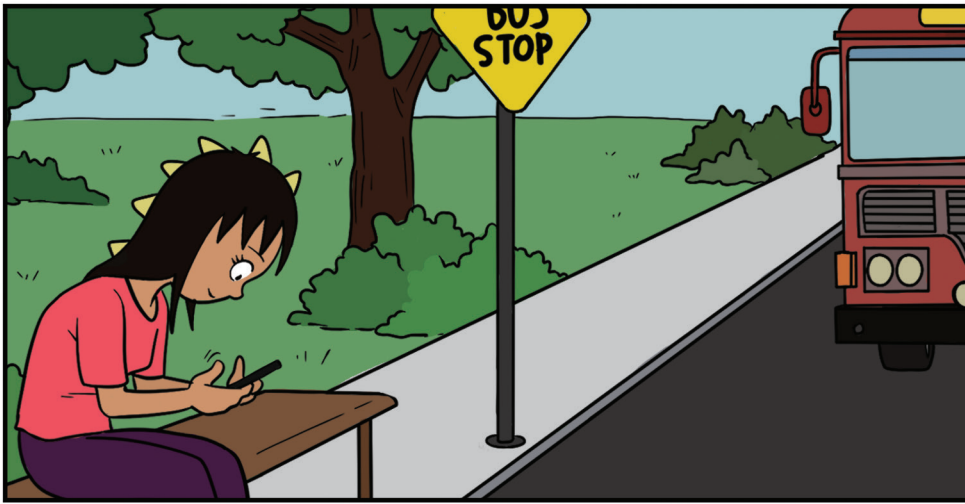
Digital Well Being

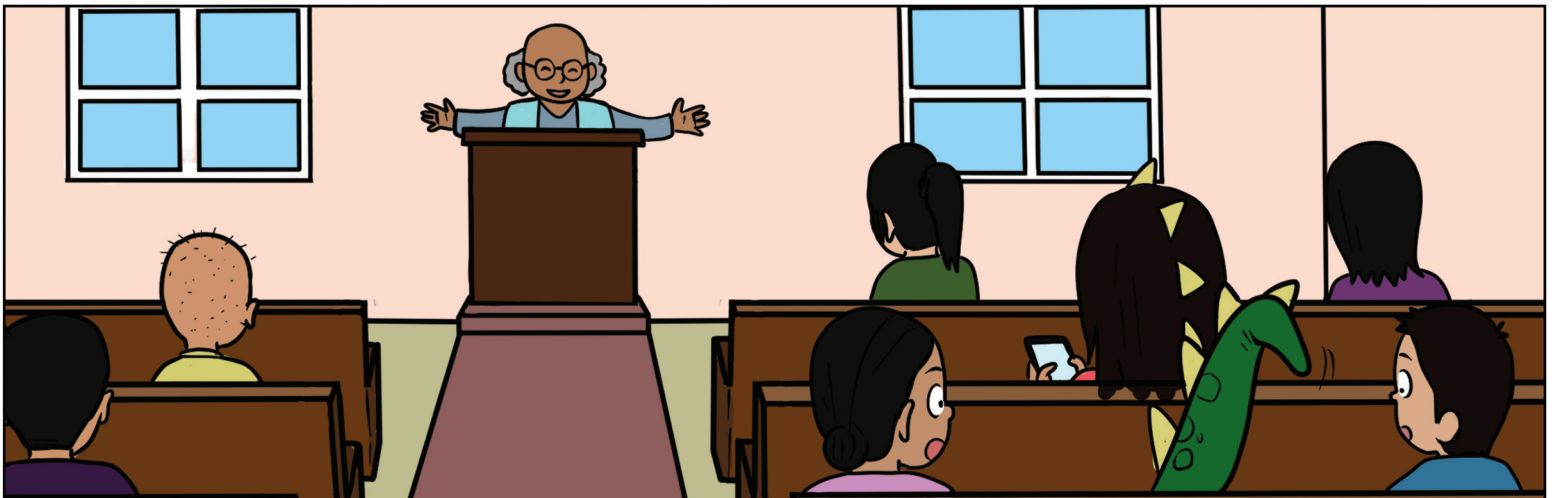
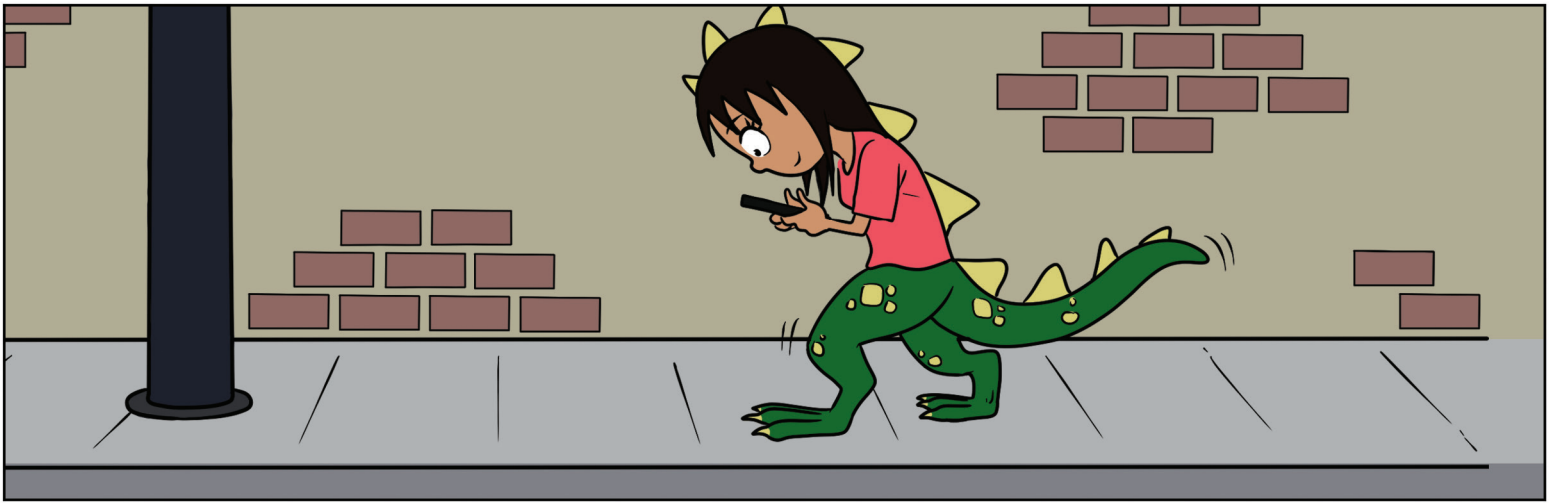
Introduction

While we need digital tools and services for our day to day lives, we need to manage the ways in which we use them, to make sure they don't affect our health - this includes both physical and mental health. Spending several hours each day looking at a digital screen, especially if you are seated, can lead to health problems.

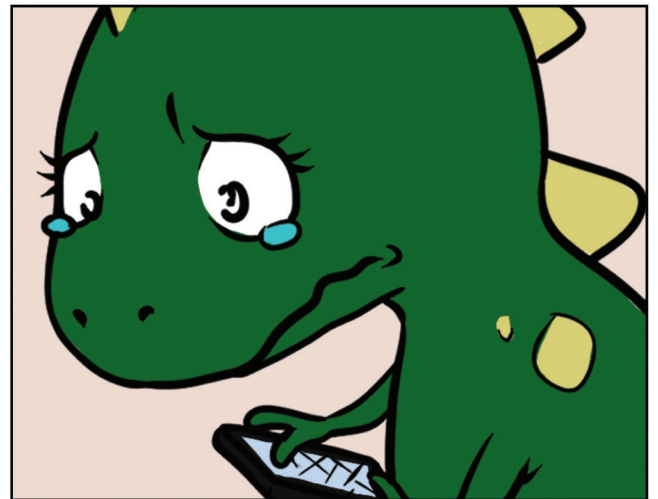
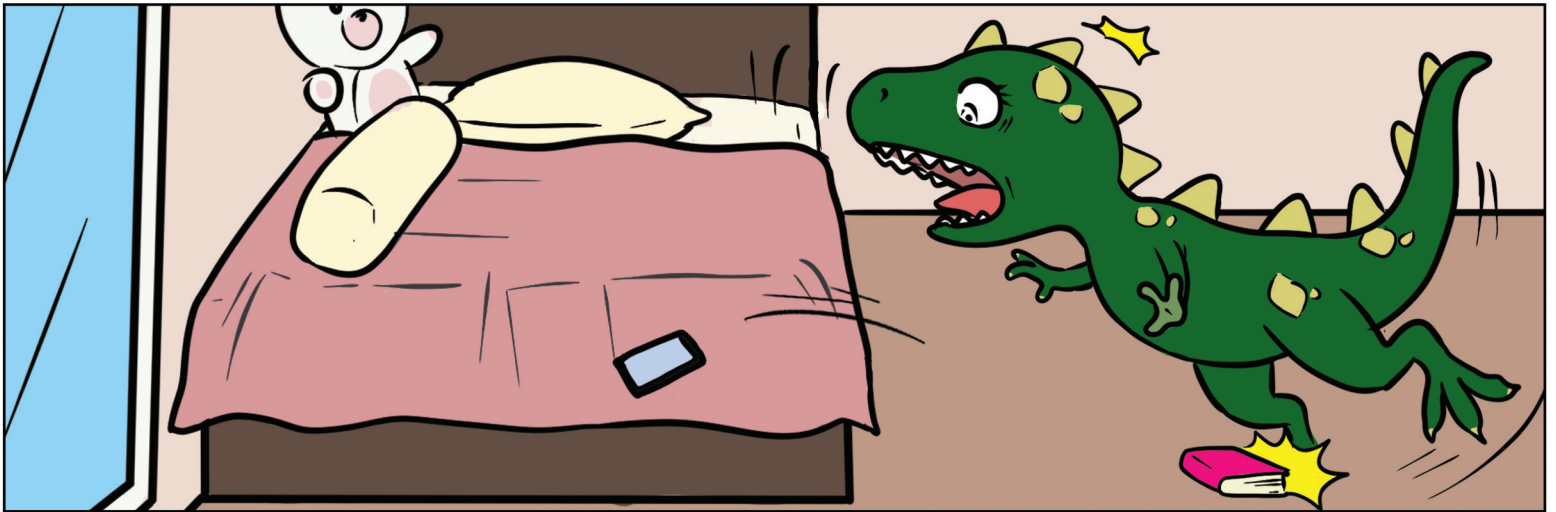
Using digital tools and services over a long period of time can affect our minds and moods too and can even harm our relationships with other people.













Did you see? Spending too much time on your digital devices can cause serious physical problems. Your eyes, ears, neck and back can all be affected.

The girl in this story didn't even realise how much her body was changing, until it was too late.



Lessons Learned

Actions to minimize health impacts of digital tools

- Place your computer where there is enough lighting and minimal glare, about 20 to 30 inches (50cm to 76cm) away from your eyes.
- Take care of your eyes. Don't forget to blink! We tend to blink less frequently than normal when using a computer.
- Take a 20-20-20 break for the eyes, i.e. staring at something at least 20 feet away for 20 seconds every 20 minutes.
- Don't go to bed with your smartphone or any other gadget, on your bed or close to you. To make sure your sleeping patterns are not disturbed, turn off all your screens an hour or two before you go to bed and let your eyes rest.
- To avoid constantly looking down, raise your laptop to eye level by placing something under it.
- Do some exercises. While you're studying or working, take short breaks to do some simple exercises.