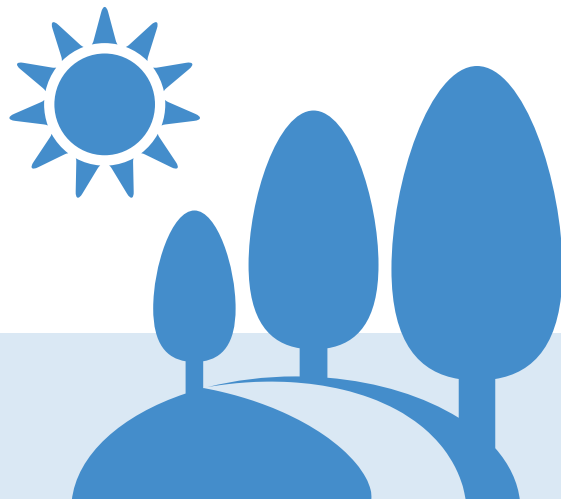


# 5 WAYS TO IMPROVE YOUR DIGITAL WELLBEING

1. No digital gadgets at meal time.
2. Sleep device free. Get a real alarm clock!
3. Take a digital fast at least 1 hour a day.
4. Make eye contact when talking.
5. End your digital day 1 hour before going to bed.

The best tip?

**Go outside & get some fresh air!**



# DIGITAL WELLBEING ACCOUNTABILITY PARTNER

Find a person near you to help hold you accountable on your digital wellbeing.

*Digital Wellbeing*  
**ACCOUNTABILITY**

*I will do my best to help the person below in his  
or her efforts to become digitally fit.*

*I will remind them of the resources we've  
learned about and encourage them to work on the  
five ways to improve their digital wellbeing.*

\_\_\_\_\_  
YOUR NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ACCOUNTABILITY PARTNER

\_\_\_\_\_  
DATE