DOCTOR DIGITAL

This issue we focus on:

DIGITAL WELLNESS

CARPAL TUNNEL SYNDROME · HEADACHES · TENDONITIS · "MOUSE SHOULDER" · REPETITIVE STRAIN INJURY (RSI) · DIZZYNESS · BLURRED VISION · READING DEFICIENCIES · INTERNET ADDICTION · DIFFICULTY CONCENTRATING · TENNIS ELBOW · NECK PAIN

What is Digital Wellness? We spend a lot of time with our computers and digital devices. It is only natural that they would begin to influence our health and well-being. This issue is devoted to learning about those influences.

The Rocky View Schools' website defines **digital wellness** as *"physical and psycho-social well-being in a technological world."* And then goes on, *"given the ever-increasing frequency with which students use technologies, particularly in their personal lives, health and wellness are areas that need to be addressed in the interest of developing well-balanced future citizens."*

(Source: http://www.rockyview.ab.ca/21stC/supporting/websafety/digital-citizenship/nine-elements/digital-health-and-wellness)

ICI Global, a publisher of academic content, defines it as *"A way of life, while using technology, that promotes optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human, natural, and digital communities. Ideally, it is the optimum state of health and well-being that each individual using technology is capable of achieving."*

(Source: https://www.igi-global.com/dictionary/digital-wellness/58242)

It is our hope that this issue will help you to define what **digital wellness** means to you, and that we will link you to some sites with information that will help you to develop a sense of well-being in your real life as well as your digital life.

FINDING A HEALTHY BALANCE
HOME/SCHOOL/FRIENDS LIFE/WORK/TECHNOLOGY

SOME PHYSICAL EFFECTS OF TECHNOLOGY OVERUSE

CARPAL TUNNEL SYNDROME
NECK OR BACK PAIN
TENDONITIS/TENNIS ELBOW
EYESTRAIN/FATIGUE
HEADACHES/BLURRED VISION
DIZZYNESS/VR SICKNESS
REPETITIVE STRESS INJURY
DIFFICULTY CONCENTRATING
CONFUSION/DISTRACTION
LETHARGY/OBESITY

Source: http://www.digitalresponsibility.org/health-and-technology/

It is important to find a balance of all of the things that are valuable to us in our busy, over-scheduled lives. A Digital Citizen balances their digital life with their real life.

HOW DO YOU KNOW IF YOU ARE OUT OF BALANCE WITH SOCIAL MEDIA?

Ask yourself these questions …
Do you sleep with your phone?
Do you text others while having face-to-face conversations?
Do you check your phone …
during class? during meetings?
while watching TV or a movie?
Does your phone control you?

Source: http://centerpointcounseling.org/helping-kids-strike-balance-life-social-media/

HELP CYBER CHIP FIND BALANCE IN HIS CYBER LIFE

iKeepSafe.org has created a YouTube playlist about finding balance.
Source: https://www.youtube.com/playlist?list=PLcCI70ryDObbUS12WQGishnLW8iiVLs53

DO YOU FEEL THAT YOUR SCHOOL takes your well-being into consideration? **ARE YOU TAUGHT** good habits for maintaining your digital health as well as your physical health? **LET US KNOW WHAT YOU THINK.**

I AM A DIGITAL CITIZEN

If you have comments or suggestions about this newsletter contact **dc@gstboces.org**

Visit our website at **http://dc.gstboces.org**

Some Tips for Maintaining Good Digital Health

1. Know and honor your values in how you act online and offline.
2. Think about protecting your privacy and the privacy of others.
3. Understand that it is hard to be anonymous online, and understand how sites use your information.
4. Learn how to evaluate the digital content that you view.
5. Take care of your digital footprint and reputation.
6. Learn how to take breaks from technology and social media.

Source: https://mediatechparenting.net/2015/05/06/10-digital-wellness-recommendations/

TRENDING: Wellness Hardware & Apps

One example is the FitBit system which includes wearable technology, a mobile app, and online dashboard to help you track your health & fitness.

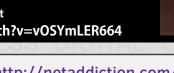**What apps have you found that let you track aspects of your health and fitness?**

Internet Addiction: What You Should Know

**A TEDx talk by Dr. Kimberly Young
The Center for Internet Addiction**

# TEDx
x = independently organized TED event
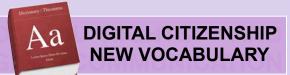https://www.youtube.com/watch?v=vOSYmLER664

**STUDENTS:
Are you a gamer?**
http://netaddiction.com/are-you-an-obsessive-online-gamer/

PARENTS: Is your child addicted?
http://netaddiction.com/parent-child-internet-addiction-test/

Are you concerned? Get more information about **Internet Addiction** from the FAQs at http://netaddiction.com/faqs

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DIGITAL CITIZENSHIP NEW VOCABULARY

doxing & swatting

Doxing (from "docs", abbreviation of documents) is the Internet-based practice of researching and broadcasting private or identifiable information about an individual or organization.

Doxing may be carried out for various reasons, including to aid law enforcement, extortion, coercion, harassment, online shaming, and vigilante justice.

https://en.wikipedia.org/wiki/Doxing

Swatting is the harassment tactic of deceiving an emergency service into sending a police and emergency service response teams to another person's address. This is triggered by false reporting of a serious law enforcement emergency, such as a bomb threat, murder, hostage situation, or other alleged incident. Making false reports to emergency services is a criminal offense in many countries, punishable by fines and imprisonment.

https://en.wikipedia.org/wiki/Swatting

GET THIS MONTH'S DOWNLOADABLE RESOURCE

This month's PDF poster is about taking time to **UNPLUG and PLAY**

http://go.gstboces.org/dc-180501

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