

Digital Wellness

Using technology in a healthy way



Digital Wellness aims to promote healthy habits essential to using technology in ways to maintain a healthy lifestyle.



Ways to improve our digital wellness

- Stay active** - Children and youth aged 5 to 17 years old should get 60 minutes of moderate-to-vigorous physical activity per day.
- Limit recreational **screen time** (not school related) to no more than **2 hours** per day.
- Get enough sleep** - Children ages 5–13 years old need 9–11 hours of sleep/night to feel refreshed while children 14–17 years old need 8-10 hours of sleep/night as part of a healthy lifestyle.
- Build healthy relationships** - It's important that kids learn to engage with others and understand diverse perspectives and identities; empathize with others, listen and be respectful.
- Discuss **feelings** about **online activity** - Kids are encouraged to reach out to a parent or trusted adult to discuss online activity and let them know if something is upsetting them.



Prescription: Nature

It is commonly believed that nature has a positive effect on health and leads to improvements in overall mental health, self-esteem, ability to handle stress and resiliency.

Research has found that spending **two hours** or more in nature per week can improve overall health and well-being.

Here are some ideas:

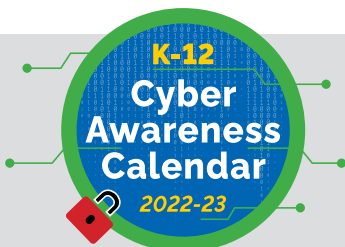
- **Unplug** from technology and take a break from the screen
- Go for a **walk** in a park or forest
- Lay down in the grass and watch the clouds, listen to the **sounds of nature**



Getting help

Kids Help Phone provides free, 24/7 confidential support for your mental health and well-being.

Help is available online by visiting <https://kidshelpphone.ca/> or by calling 1-800-668-6868 OR texting 686868



Resources:

Four tips for managing your kids' screen time
Are Canadian children getting enough sleep?
A Prescription for Nature