

Section 4

Activity: How am I doing?



Now it's your turn to think about your digital wellbeing.

- Go back to the one of the three things you love to do online.
- If you remember, you already identified which needs they met and some of the helpful behaviours linked to the activity.
- Now you need to think about whether you experience any warning signs when doing this activity. Be honest with yourself.

Activity

What are the warning signs?

What do you think they are telling you?

When you get these signs, what do you do?

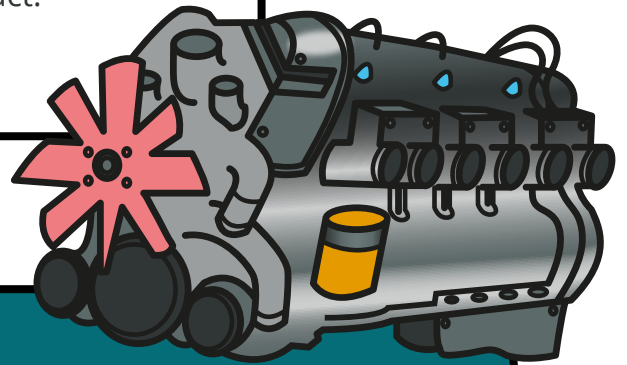
Are you OK with this?

If not - what could you do differently?

No warning signs?

Don't forget - regular checks keep you in good working order.

And remember, sometimes harmful behaviours are hidden. They make us feel good in the short term. But over a longer term, some of our needs may not be met, and this can have a longer term impact.



Next time you are online...

A good way to practice what you have learned, is to do a quick check.

1. Engine checks

Which needs are being met?

2. Inspecting your wheels

What behaviours are you experiencing?
What are they telling you? Are you OK with this?

