My Digital Wellbeing Plan

Using the plan template below, think about the different ways you use digital technology and track this over two days. Use the plan to map out how you could support your wellbeing with this and how and when you will seek additional support for your health. The first plan has been filled in as an example for you.

Digital Technology Use	Amount of Time Spent (in total)	How I Feel	Ways I Could Access Support
E.g. Looking at photos on the Internet	E.g. 50 minutes	E.g. I feel a bit low about how I look.	E.g. Speak to someone about how I am feeling. Set a timer to make sure I don't spend too long browsing. Make sure I have some digital technology free space in my home.
E.g. Playing an online computer game with friends from school	E.g. 1 hour	E.g. I feel angry and hot because I lost. I shouted at my friend who won and now I feel worried about seeing them at school.	E.g. Talk to my trusted grown-up about how I am feeling and how the game is making me feel. Make sure I limit the time I spend gaming to help me feel OK.
E.g. Sending messages to my friends from school	E.g. 1 hour	E.g. I feel happy to have talked to my friends and I love sending and receiving messages. The time goes so quickly though.	E.g. Keep using messaging positively. Have a timer for the amount of time spent on my device. Change my notification settings so that I have to actively look for a message rather than it invading my time. Make my screen black and white to limit how appealing it is to me.
E.g. Playing a computer game by myself	E.g. 2 hours	E.g. I enjoyed playing but I feel quite tense and worried after playing the game.	E.g. Talk to my trusted grown-up. Try and play for short time periods. Leave my tablet away from me so I'm not tempted to play it whenever I'm bored.

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Talk to a trusted adult about your results. Are there changes you could make to look after your digital wellbeing?