

Technology Mindfulness

Learn strategies for reflecting on your technology habits and use.

1. What Is Technology Mindfulness?

Technology mindfulness refers to practices and techniques that you can use to reflect on your technology use and habits and to make adjustments and changes as needed.

Technology can have a major effect on our physical and mental health, our emotions, and our overall well-being. Being more reflective about our use of and our relationship to technology can help us identify areas where we need to make changes.

2. Reflecting on Your Technology Habits

One way you can start developing technology mindfulness habits is to keep a technology log for a day or a set period of time.

Think of a typical day, or another time period of your choosing, and note how you use technology throughout that time period.

- What tools are you using?
- Do you have peak hours when you are using certain kinds of technology?

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Now, consider how you are feeling about your technology use and habits.

- How do you feel when using technology?
- Are you noticing any physical, mental, or emotional issues surrounding your technology use?
- Are there things you enjoy and find beneficial about your technology use?

Use this space to reflect:

Finally, make note of any changes you want to make to your technology habits and develop an action plan: