

Technology Mindfulness

In This Module

- What issues surround our use and consumption of technology?
- How can we be more reflective and mindful about our technology usage?

Technology Mindfulness

Technology mindfulness refers to being more reflective and thoughtful about your personal technology use

Activity

What sorts of technology do you use regularly, on a daily basis?

How much time do you spend using various technological devices?

Technology and Our Daily Lives

- It can be easy to take technology for granted
- It's a deeply ingrained and always-present part of many of our lives
- But the technology we use every day can have many issues that we are just starting to explore and understand

Discussion

What are some issues that you have heard about or experienced with technology?

Issues With Technology

The amount of time we spend using various technology devices can lead to some serious issues:

- Eye strain
- Issues with blue-light
- Insomnia and sleep issues
- Posture issues

Issues With Technology

Studies have shown that the technology devices we use, and things like social media, can lead to mental and emotional issues:

- Social media addiction
- Negative self-image and depression from seeing “perfect” social media posts
- Cyberbullying
- Harassment and toxicity in online spaces

Issues With Technology

The devices we use and the ways in which we consume and share information can also lead to issues and challenges:

- Information overload
- Polarization
- Filter bubbles or echo chambers

Issues With Technology

Technology is developed by humans, which means it can reflect biases, stereotypes, and other very human issues:

- Technology can reinforce and even heighten social inequalities
- Technology can reinforce stereotypes
- Technology isn't equally distributed or available for all

Technology Benefits

Technology has many benefits as well:

- Building community and connections
- Providing people with information and resources
- Providing us with entertainment, humor, and fun

Mindful Technology Habits

Technology mindfulness is a skill set you can develop and practice. It's a way to be more reflective and thoughtful about your personal technology use and habits.

Mindful Technology Habits

Technology mindfulness can help you make adjustments or changes if you determine you're having an issue or a challenge with your technology use.

Technology can impact your health, emotions, and well-being. Mindfulness is a way to help you prioritize those things!

Questions to Ask

- What sort of tool or technology are you using?
- What is your goal, and what are you trying to do?
- How is this making you feel?

Questions to Ask

- What does your daily technology usage look like?
- How are you feeling about your habits?
- What adjustments or changes can you make to improve your emotional, mental, and physical well-being?

Activity

What are your technology habits?

Technology Use Best Practices

- Take stock and make an action plan of your technology habits
- Consider taking social media breaks
- Limit tech devices at certain times of day if you are having physical or sleep issues
- Identify and take steps to avoid any toxic or triggering spaces

What other tips do you have?

Takeaways

- Reflecting on your technology use and habits can help you make changes as needed and be more mindful and empowered about how you are using technology
- Technology mindfulness can help you identify and make changes as needed to your technology habits

Resources

Digital Detox ([link](#))

Questions?

NYC Digital Safety

Privacy & Security