Digital Flourishing

Physical Health

- Sleep Health
- Ergonomics
- Body Awareness
- Eye Health
- Breaks & Movement
- EMF Awareness

Productivity

- Work-Life Balance
- Tech Hygiene
- Focus
- Managing Distraction
- Navigating Technology with Ease

Digital Citizenship

- Privacy & Security
- Digital Identity & Footprint
- Civil & Mindful Interaction
- Informed Posting
- Tech Literacy

Wellbeing

- Online/Offline Balance
- Self-Expression & Creativity
- Inspiration
- Positive Emotion
- Meaning & Purpose

Relationships

- Meaningful Interactions
- Sense of Community
- Social Support
- Introspection
- Sense of Connection

Mental Health

- Positive Social Comparison
- Intentional vs. Passive Use
- Coping Strategies for Overwhelm
- Conscious Content Consumption
- Self-Care

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