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This article is about Surviving and thriving in the Digital Age.

The Digital Age ... yes, we're in it ... and yes, we can't avoid it. While technology has so many benefits, it also has its challenges. Read on for tips for surviving and thriving in the Digital Age.

And don't forget, our last article was about making agreements with your partner about pornography in your relationship. Click [here](#) to learn more, and to access all our previous articles.

If you're interested in our previous articles, please click [here](#)

6 Tips for Keeping Mentally Well in the Digital Age

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If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

While the internet was slow and costly only a few years ago; mobile phones were a luxury (and the size of a brick!); and the words 'smart phone' weren't an everyday concept; there is no way that we can escape technology today. Whether it's emails that keep you constantly tied to work, WhatsApp to connect with family or friends, or Instagram to follow your favourite 'celebrity' – most of us wouldn't go more than an hour without having some touch on technology. Research shows that :

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- about 80% of us have a mobile phone
- nearly all of us have some connection with technology daily
- 90% of us use social media, with Facebook and YouTube most visited
- teens spend 3.3 hours per day on social media, and adults 2.6 hours

And while technology can help us to feel connected, up-to-date, and sometimes save us from boredom, it also has its down sides. Research also shows that :

- 79% of teens and 54% of adults use their mobile phones immediately before sleep, immediately upon waking, and while eating
- these users can also find it difficult to disconnect from their phones
- high use of social media and technology is impacting on self-esteem, with 2 in 3 teens feeling pressured to look good, and adults stating that Instagram (in particular) fuels concerns about their appearance
- teens and adults report experiencing or perpetuating antisocial behaviour online

So, if you can't escape technology, then follow these six tips to survive and thrive in the Digital Age.

1. **Check Less** : Constantly looking at social media increases stress, negatively impacts self-esteem and reduces productivity. Limit

the time that you check your technology ... you could put your technology in a 'hard to check' location!

2. **Take A Break** : We all need down time, and constant access to technology creates a risk of never really taking a break. Turn off notifications in your down time ... maybe even consider turning your technology off!
3. **Guard Your Sleep** : Using social media before bed, and in bed can lead to sleep and wellbeing problems. Turn off all screens an hour or more before bed ... you could also remove your phone from your bedroom!
4. **Be Proactive** : Constantly mindlessly scrolling through social media can contribute to stress, low self-esteem and envy. Be an authentic, positive and active contributor to social media to boost your own wellbeing.
5. **Be Selective** : Seeing posts or receiving comments from others that make you angry, upset, or anxious certainly doesn't make us feel good. So, ensure those in your online social network enrich your life ... and block those that don't.
6. **Connect Offline** : Technology can take us over, if we let it. Be conscious and mindful about putting your technology away and connecting face-to-face.

If you would like some assistance to cut down your technology use, or you would like strategies to improve your wellbeing, please feel free to contact us on 0488 954 195,

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or [click here](#)

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