# Digital Well-Being

**Canada's He●lthy Workplace Month**

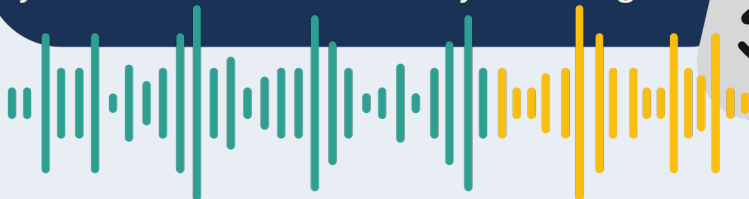healthyworkplacemonth.ca

## DID YOU KNOW?

Did you know the average employee checks their email every 6 minutes, leading to digital fatigue? Research shows that setting clear boundaries—such as designated email times and short, regular breaks—can significantly sharpen focus and mental clarity. Try techniques like time blocking or the Pomodoro method to help your brain stay on track and reduce distractions.

## DAILY YOGA POSE

**Eye Palming**

Eye palming involves gently covering your closed eyes with your palms to create a warm, dark space, which helps relax the eye muscles and provides relief from digital eye strain caused by prolonged screen use. Incorporating palming into your workday can reduce eye fatigue, improve focus, and support overall digital well-being by offering a mindful break from continuous screen exposure.

## DAILY MOTIVATION : MUSIC TRACK

**"Silence" - Marshmello & Khalid**

This uplifting track is about overcoming struggles, finding inner peace, and embracing moments of quiet reflection to recharge and reconnect with yourself, even amidst daily challenges.

**EXCELLENCE CANADA**
improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence

## PRO TIPS FOR THE WORKPLACE

- Disable non-essential notifications.
- Schedule "no-screen" breaks throughout the day.
- Use blue light filters to reduce eye strain.

**Action:**

Try 30 minutes of screen-free time after work.

## DAILY RECIPE

### Blueberry Yogurt Parfait

Boost focus during screen time!

- 1 cup Greek yogurt
- 1/2 cup blueberries
- 2 tbsp chopped walnuts

Layer yogurt, blueberries, and walnuts in a bowl.

**Enjoy a quick, brain-friendly snack for your digital wellbeing!**

## INSPIRE & REFLECT

### Inspiration of the day

"Take breaks, set boundaries, and let technology empower—not overwhelm—your workday." - Arianna Huffington

### Reflection Question

How can I reduce unnecessary screen time today?

### Mental Health Challenge

Spend one hour device-free before bed tonight.

### Daily Affirmation

I use technology mindfully and with intention.

## Daily Resource:
### MediaSmarts

Visit MediaSmarts for free, bilingual Canadian resources and tips to help you build healthy digital habits and boost your digital wellbeing.