

**A DIGITAL WELLNESS ASSESSMENT**

# **IS TECHNOLOGY A PROBLEM IN YOUR LIFE?**



**REBOOT YOUR RELATIONSHIP**

# IS THIS YOU?

*Do you need more digital wellness in your life? Let's find out! Answer the following questions by checking the boxes for any statements that feel true for your life right now.*

- You feel like you never have enough hours in the day.
- You frequently pick up your phone, even if there's no real reason to do so.
- You regularly find yourself passing time by staring at your smartphone, tablet, or computer even when you have other things to do.
- You're constantly exhausted, overwhelmed, and overbooked, but feel like you're getting little done.
- You lose track of time when scrolling the Internet, streaming movies/TV, playing games, etc.
- You find yourself spending more time with virtual friends than people physically nearby.

# IS THIS YOU?

*Just a few more questions to consider. Avoid the urge to blame or shame yourself during this exercise. Many people share these same concerns!*

- You keep using your devices even after feeling negative physical effects like sore or cramped eyes, shoulders, back, neck, fingers, or wrists.
- You use your devices in non-traditional locations like in bed, at the dinner table, in the bathroom, in the car, or at the same time you're engaged in face-to-face conversations.
- You're only doing busy-work and feel like you never have time to do the stuff you're passionate about. (Or you have NO IDEA what you're passionate about and have no time to figure that out.)
- You opt to use your devices instead of doing difficult work or having challenging conversations.
- You find yourself viewing and answering texts, tweets, and emails at all hours of the day and night, even when it means interrupting other things (like sleep).





# YOU'RE NOT ALONE!

**If you checked off five or more boxes on the preceding pages, you may want to consider working on your digital wellness.**

What's that?

Well, digital wellness is the level of health and well-being you are able to achieve in your life while using technology, maximizing its benefits and minimizing its harms.

Digital technology is not a binary resource that either helps or hurts us. It exists on a *spectrum*.

Digital tools that are great for one person can totally destroy the life of another. Or a tool can be both helpful *and* hurtful to someone at the same time, depending on how its used.

**Struggling to find that balance is nothing to be ashamed of.**

Many people (including myself!) find digital wellness challenging. This became even more difficult during the pandemic, which has caused an increase in tech use and dependence.

However, there are solutions to the problem of digital wellness!

I invite you to explore them.

# READY FOR MORE?

If you'd like to learn more, check out any of these digital wellness resources on my website .



Download one of my free digital wellness screen savers.



Download *The Insider's Guide to Digital Wellness*, a free workbook



Sign up for the next session of my eight week course, *The Digital Wellness Reboot*.

## Clean House

Take a look at the home screen of your phone or desktop computer right now.

Are there files or apps on here you're no longer using or that no longer provide value? If so, DELETE IT.

(If you're not sure, find a proper home to store or file it.)

Follow me on Twitter at [@JenKaneCo](https://twitter.com/JenKaneCo) to see a free digital wellness tip every Wednesday.

# THANKS FOR DOWNLOADING!

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