

THE HAND OF MENTAL HEALTH AND MEDIA

Think about your media usage and mental health over the past week.

SLEEP AND REST

Did I sleep well?

Did I resist checking my phone at night?

Was I able to concentrate on things at school or work?

Did I remember to wind down, relax and take breaks during the day?

RELATIONSHIPS AND EMOTIONS

Have I told people that I care about how I feel, either on screen or face to face?

Have I been there for the people who are important to me?

Have I been a part of a group?

HOBBIES AND CREATIVITY

Has my screen time been in proportion to my time spent doing other things?

Have I used my smart device for something that feeds my imagination or creativity?

DIGITAL SKILLS

Do I know how to do life admin tasks online?

Am I willing to learn how to use new digital devices?

Do I know how to take care of online privacy?

EXERCISE AND MINDFULNESS

Have I used smart devices to find ways to exercise that I like?

Have I remembered to be mindful of my body and what it needs?

Do I understand how the media affects my perception of myself and others?

FOOD AND EATING HABITS

When I was eating, did I enjoy the company of others in addition to the food?

Have I been eating regularly?

Have I taken time away from my smart devices to eat in peace?

VALUES affect my choices and what I do.

What is important to me?

What kind of balanced media-related choices did I make today?