



# Digital Detours

Digital balance, mental clarity

## Global Day of Unplugging 2025

### March 7-8- Sundown to Sundown

The annual National Day of Unplugging, the first Saturday in March, encourages a shift towards mindful technology use and stronger in the moment connections, prompting individuals and communities to assess their digital habits. Let's explore two powerful ways we can become more "tech-tentional" and cultivate digital mindfulness, intentional boundaries, and quietness in our tech-driven lives:

- **The Here and the Now:**

- In a world saturated with distractions, the powerful act of giving someone your undivided attention, by creating "no-interruption zones" or "tech-free times" where phones are put away and focus is solely on the moment, demonstrates value and deepens connections with self and others.

- **The "Ten Minutes Later" Method:**

- The "Ten Minutes Later Method" combats our impulse to constantly engage with technology by pausing before reaching for devices, allowing us to reconnect with the present and embrace stillness. By delaying, we shift to intentional choices, creating space for meaningful moments over digital pulls.

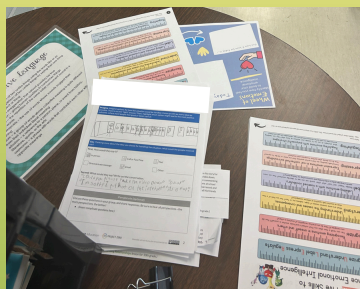
Individuals can enhance their relationships by consciously setting aside time for uninterrupted face-to-face interactions and embracing moments of shared silence. We encourage a challenge each other on this day to experience what it truly feels to disconnect from digital mediums and reconnect with our surroundings.



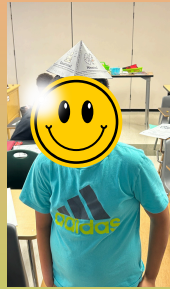
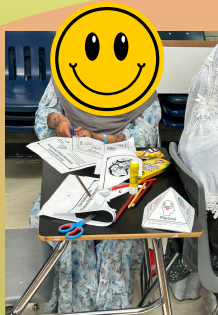
## Collaborative Learning in Leth. S.D.

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, engaging in playful learning, and ignite digital wellness awareness in our Lethbridge School Division Schools! Some of this month's in-action highlights included:

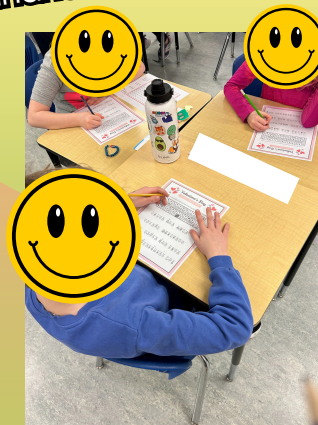
**G.P.M.S.- Emotional Intelligence in a Digital Age:**



**WMS: Building the framework for Digital Well-Being**



**Fleetwood Bawden: The heart of friendships, kindness, and wellness**



Equip your students with the skills to thrive online. Book your school visit and empower your students to navigate the digital world with confidence and safety. Visit our bookings page (here) – Let's unite to guide our youth to shine online!



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## Tech Titans

### Become more conscious with screen time through "Screen Zen"

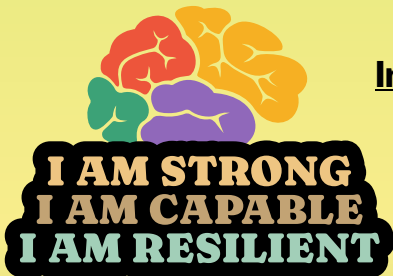
Screen Zen empowers you to reclaim your time and build healthier digital habits, breaking free from the automatic conditioning that may have developed through previous habitual use.

With this free app, you can effortlessly limit distractions from social media, engaging apps, and endless browsing. Imagine reclaiming your time and intentionally creating friction in your daily device use!

Whether you're aiming to reduce screen time, block distracting apps, or simply cultivate a more mindful approach to technology, Screen Zen provides the tools one may benefit from in taking back control and living a more balanced and intentional digital life.



## Wellness Building Pathways



### Introduction to the Brain Story and Resilience Scale Framework

Tuesday, March 11, 2025 - 4:00 PM-5:00 PM

Presentation by CRC: Nancy Mannix

Fee: NO CHARGE Register by: clicking ([here](#))

## Wellness Byte: Choosing Time or Passing Time?

This month's wellness byte contrasts two approaches to digital engagement: 'Choosing Time' versus 'Passing Time.' 'Choosing Time' is characterized by mindful awareness, emotional regulation, and deliberate organization, involving conscious content selection, emotional processing, and structured digital environments.

In contrast, 'Passing Time' may reflect cognitive overload, emotional avoidance, and distorted time perception, including behaviors such as endless scrolling and using technology to distance and avoid potential emotional states of being.

The wellness byte (right) encourages deeper reflection on the impact of our digital experiences and invites introspection on whether our relationship with technology is fueling our days or consuming them. Ultimately, it asks: What, for you, is time well spent today?



Visit our Website Today!



Sources used this newsletter: Kahneman, D. (2011). Thinking, fast and slow. Farrar, Straus and Giroux. Media Smarts & Bell (2024). Building Better Tech Habits: A Guide to Digital Well-being. Retrieved October 16, 2024 from link (click). Rich, M., & Barker, T. (2024). The mediatrixian's guide: A joyful approach to raising healthy, smart, kind kids in a screen-saturated world. Harper Horizon.