



Digital Detours

Digital balance, mental clarity

Wellness Byte: Digital Decluttering!

Unfollow the clutter, follow your joy.

Spring is the perfect time for a digital refresh! Just like how we may choose to declutter our physical spaces, our digital lives deserve a good tidying too. This “wellness byte” offers a simple guide to decluttering your social media, emails, desktop, and phones, making space for what truly matters. By mindfully organizing our digital environments, we can reduce stress, increase focus, and cultivate a more intentional relationship with our technology. Let's embrace the spirit of spring cleaning and create a more serene and productive digital experience!

SPRING cleaning

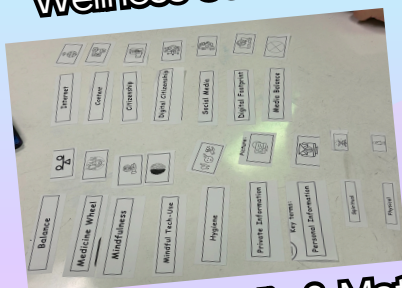
DELETE



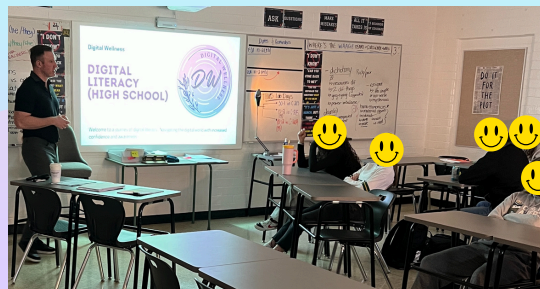
Collaborative Learning in Leth. S.D.

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:

WOHS: EAL Digital Wellness Sessions



Vocabulary Mix & Match



L.O.I.: English 10- Digital Literacy Workshops

Lakeview Elementary School: Digital Wellness Monopoly



Community, Movement, PLAY!

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

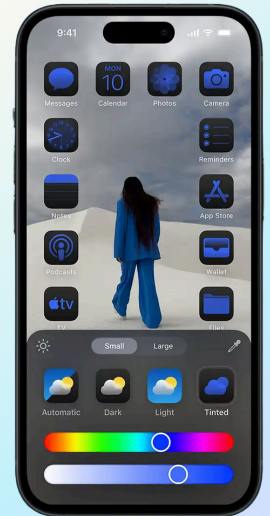
The Intentional Hue: Managing Color for Mindful Tech Use

Colors aren't just pretty and random when it comes to technology by design; they're powerful drivers of our digital interactions.

Designers strategically use color to capture attention and evoke specific emotions. Vibrant hues like blues and greens can foster trust and stability, while bold reds and oranges can signal urgency, passion, or excitement. Even subtle color palettes can influence how we perceive information, making content more engaging and memorable. From website layouts to app interfaces, the careful selection of color plays a pivotal role in shaping our digital experiences, often subconsciously guiding our focus and influencing our engagement.

To more intentionally manage color contrast on your digital devices and promote increased intentionality with devices, consider these tips:

- **Use Dark Mode:** Many devices and apps offer a dark mode, which reduces bright light and can be easier on the eyes, especially in low-light environments.
- **Adjust Display Settings:** Explore your device's display settings to adjust brightness, contrast, and color temperature. You can often find options to reduce blue light, which has been correlated to disruption to sleep quality.
- **Utilize Accessibility Features:** Certain operating systems may offer accessibility features that allow you to customize color contrast and text size, making content more readable and comfortable (right).
- **Choose Color Palettes Wisely:** When customizing your digital spaces, opt for color palettes that are easy on the eyes and promote a sense of calm. Avoid excessively bright or jarring color combinations.



Periodically review and adjust your display settings as your needs may change, ensuring optimal comfort and well-being.

Source: Flanders, F. (2024, May 1). The Psychology of Color in Mobile App Design. Medium. <https://medium.com/@IMobileAppDesigner/the-psychology-of-color-in-mobile-app-design-558fa177b9f4>



Wellness Building Pathways

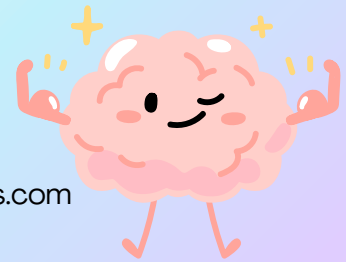
Strengthening The Aging Brain

Wednesday, April 9th, 2025 - 1:30 PM-3:00 PM

Presentation by CRC: Dr. Robbin Gibb (University of Lethbridge)

Fee: No Charge

Register by: Calling SCP-403-3291544 or email intake@lethseniors.com



COMING SOON

3rd Annual Lethbridge School Division 'Digital Wellness Day'™

Mark your calendars for our:

3rd Annual Division-Wide Digital Wellness Day!

SAVE THE DATE

Join Lethbridge School Division on **May 21st** and advance your digital well-being journey! We're unveiling a vital theme, relevant to all ages, focusing on mindful balance in our screen-filled evenings and a brighter sense of well-being in our school days. All the key details and the day's theme will be revealed in the **May Newsletter**. Stay tuned for more information...



To learn more about us, visit our website!