Activity 1: Research and present: Preventing negative psychological and physical impacts
of digital

# Introduction

Our increased use of digital technology has been shown to lead to an increase in negative psychological and physical impacts on our minds and our bodies. We can treat these impacts when they happen, but the most effective strategy is strong mitigation and trying to prevent them from happening.

## Research

Think about these four categories of mitigation technique:

1. Self-regulation: setting your own rules
2. Self-exclusion: removing the root cause
3. External regulation: getting help from your devices
4. Reporting misuse: do not suffer in silence
5. Workstation assessments: is your workspace suitable?

For each category, come up with a range of specific strategies that you could apply to protect your physical and mental wellbeing.

Present

You will present and discuss your ideas with the class. This can be a verbal or electronic presentation.

Tip: Add a reflection on how you presented the information in this activity and if there are any areas you may want to work on in future presentations. If this lesson has been delivered after Lessons 1 and 2, has there been progress made in delivering a presentation?