

THE DIGITAL WELLNESS PACT: 10 STEPS TO A HEALTHIER ONLINE LIFE

A Modern Guide to Balance, Safety, and Community.

1 **SET SCREEN TIME LIMITS**
 If you set daily limits for screen use, you will have more time for rest and offline hobbies.

2 **CURE DOOMSCROLLING**
 If you resist endless negative news, you will protect your mental well-being and reduce anxiety.

3 **PRIORITIZE SLEEP**
 If you stop using devices an hour before bed, you will improve your sleep quality and energy.

4 **FOSTER POSITIVE CONNECTIONS**
 If you engage in uplifting conversations, you will build a supportive and encouraging online community.

5 **DISABLE INTERRUPTIONS**
 If you off-essential notifications, you will increase your focus and productivity.

5 **DISABLE INTERRUPTIONS**
 If you turn off non-essential notifications, you will increase your focus and productivity.

6 **BE CRITICAL OF ADS**
 If you question the intentions of online advertisements, you will make more informed and less impulsive choices.

7 **ZERO TOLERANCE FOR BULLYING**
 If you report and block harmful behavior, you will contribute to a safer environment for everyone.

8 **LEARN A NEW SKILL**
 If you use the internet for learning and creativity, you will enrich your personal and professional life.

9 **BE A FORCE FOR GOOD**
 If you share inspiring and helpful content, you will make the internet a more positive place.

10 **FIND YOUR BALANCE**
 If you consciously blend online and offline activities, you will achieve a sustainable and fulfilling lifestyle.

STAY CONNECTED, STAY HEALTHY. #DigitalWellness