Who doesn't love a good challenge?

Promote digital wellness in the workplace by presenting these
8 innovative challenges
to encourage a positive and healthy digital culture in your organization.

Virtual Emotional Intelligence challenge.

01

Practice self-regulation. Take a moment before responding to an email or chat message. Before pressing 'send', review the message to ensure the message is clear.

Screen break challenge.

02

Enourage employees to take regular screen breaks (every hour!) to reduce eye strain and improve posture.

Digital de-clutter challenge.

03

Help reduce digital clutter and improve focus by deleting old apps, and clearing desktops and smartphone homepages from unecessary widgets.

Time block challenge.

04

Encourage employees to block out time in their calendar for deep work, where they can focus on important tasks without distractions.

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Take a walk challenge.

Encourage employees to take a walking meeting instead of sitting in a conference room to increase physical activity (and creativity!)

05

Digital detox challenge.

Challenge employees to take a break from technology by disconnecting entirely for a set amount of time. For example, have an entirely screen-free weekend or take a full day off from social media.

06

E-mail management challenge.

Encourage employees to manage their e-mail inbox more effectively by reducing the number of unread emails and setting up filters or labels.

07

Unplug challenge.

Encourage employees to take a break from screens and unplug for a set amount of time each day. For example, take a 10 minute break from screens every hour or to have a screen free lunch break.

08

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