



Digitally Well

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PHYSICAL HEALTH

- sleep
- eye health
- physical movement
- self-care & breaks
- ergonomics

COMMUNICATION

- team communication norms: setting boundaries (eg. Right to Disconnect)
- team charters
- professional correspondence

MENTAL HEALTH

- mitigating tech-stress & burnout
- psychological safety
- mindfulness practices

INTERPERSONAL RELATIONSHIPS

- social support and relationships
- diversity, equity & inclusion
- civility & respect

PRODUCTIVITY

- managing distractions
- deep work, flow
- time & task management
- creativity, attention
- physical & digital environments

DIGITAL WELLNESS @ WORK™

DIGITAL IDENTITY & CITIZENSHIP

- privacy, security & surveillance
- digital responsibility & mitigating risk
- digital footprint
- AI in the workplace

VIRTUAL (DIGITAL) EMOTIONAL INTELLIGENCE™

- self-awareness
- self-regulation
- motivation
- empathy
- social skills