Exploring digital wellbeing

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#digifest20
Digital wellbeing workshop

Aims

• To share our new definition of digital wellbeing and present the findings of our study

• Reflecting on our own digital wellbeing and the support your organisation is providing to students and staff
Activity: What is digital wellbeing?
Jisc digital capability framework

- Information literacy
  - Data literacy
  - Media literacy

- ICT proficiency
  - ICT productivity

- Digital learning
  - Digital teaching

- Digital creation
  - Digital research and problem solving
  - Digital innovation

- Digital identity management
  - Digital wellbeing

- Digital communication
  - Digital collaboration
  - Digital participation
Reconsidering definitions

Avoiding a simplistic way of describing digital wellbeing
Digital wellbeing as a concept

Breaking it down

Digital wellbeing is a complex concept that can be viewed from a variety of perspectives, and has several aspects within a range of contexts

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An holistic view of digital wellbeing - definition

Digital wellbeing considers the impact of technologies and digital services on people’s mental, physical and emotional health.

We can view this from an individual perspective in personal, learning or work contexts. This means understanding and identifying the positive and negative impacts of engaging with digital activities and being aware of ways to manage and control these to improve wellbeing.

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<td>Managing digital workload</td>
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<td>Safe and appropriate use/interaction with digital systems, services and content</td>
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<td>Engaging mindfully to avoid digital distraction and overload</td>
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<td>Being confident and capable of choosing the most appropriate technologies for each task</td>
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<td>Making sure digital activities do not negatively impact on physical or mental health</td>
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An holistic view of digital wellbeing - definition

We can also view digital wellbeing from a broader societal or organisational perspective where service providers need to recognise and take responsibility for ensuring that digital systems, services or content are well managed, supported, accessible and equitable. They also need to empower and build capability in their staff, service users and partners to engage with these in a way that supports and or improves their wellbeing.

Institutional examples

- Recognising and acknowledging the impact on users
- Generating an organisational culture that supports and enhances digital
- Gathering feedback from staff and students about their digital wellbeing
- Making appropriate adjustments
- Providing support and guidance
Different perspectives

Various windows on digital wellbeing
Digital wellbeing: Individual perspective

Exploring digital wellbeing

My own awareness and capacity to change my digital practices

How technologies can improve digital wellbeing

Positive impacts of technologies on my wellbeing

Negative impacts of technologies on my wellbeing
Digital wellbeing: 
Organisational perspective

- Positive impacts of technologies, content and services we provide

- Negative impacts of technologies, content and services we provide

- How we can support digital wellbeing

- Enabling people to change their digital practices
Digital wellbeing: Societal perspective - community, national and global

- Providing opportunities and support for digital participation
- Fulfilling basic human needs to support digital participation
- Establish controls to ensure digital services are safe and equitable
- Allowing personal freedom of choice and accessibility
Bringing it all together

Environmental, economic and societal conditions needed to support individuals in maintaining positive digital wellbeing

Responsive services

Appropriate guidance and support

Basic human rights to food, water and shelter

Inclusive education opportunities

Safe technological environment

My own awareness and capacity to change my digital practices

How technologies can improve digital wellbeing

Positive impacts of technology on my wellbeing

Effective legal frameworks

Inclusive policies and systems

Effective legal frameworks

Exploring digital wellbeing
Different aspects of health and wellbeing

Mental health

Emotional wellbeing

Social wellbeing

Physical health

Exploring digital wellbeing
Potential impacts of digital tools and practices/activities

- Mental wellbeing
- Emotional wellbeing
- Social wellbeing
- Physical wellbeing

Exploring digital wellbeing
Different contexts

Various lenses on digital wellbeing
Digital social wellbeing
Digital personal wellbeing
Digital learning wellbeing
Digital work wellbeing
Activity

Choose two environments from:

- Digital social
- Digital personal
- Digital learning
- Digital work

Think of examples where there can be potential positive or negative impacts (or behaviours) on an individual.
Activity

Think about your own digital wellbeing.

• Share your tips on looking after your own digital wellbeing with your group

• As a group choose your three favourite tips and add them to your tree using your flower post-its!
Supporting digital wellbeing of staff and students in an educational institution

The environment and conditions an institution needs to provide to ensure digital wellbeing of staff and students.
Find out more:

Download our briefing papers: digitalcapability.jisc.ac.uk/what-is-digital-capability/digital-wellbeing/

Join our mailing list: jiscmail.ac.uk/JISC-DIGITALWELLBEING

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Thank you

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