Petra VELZEBOER

# DIGITAL WELLBEING:

## RECHARGE YOUR FOCUS & REBOOT YOUR LIFE

Petra


Petra Velzeboer
DIGITAL WELLBEING
Recharge your focus and reboot your life
KoganPage
Begin with you
Invest in your mental wellbeing and satisfaction at work
Petra Velzeboer
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PVL

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# WHAT IS DIGITAL WELLBEING?

A state of satisfaction that people achieve when digital technology supports their intentions.

- Google Toolkit for Developers

The conscious use of technology that enables individuals and communities to reach their potential.

- Georgie Powell, . Responsible Technology Expert

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If you asked the closest people in your life what they thought your relationship was like to your device, what would they say?

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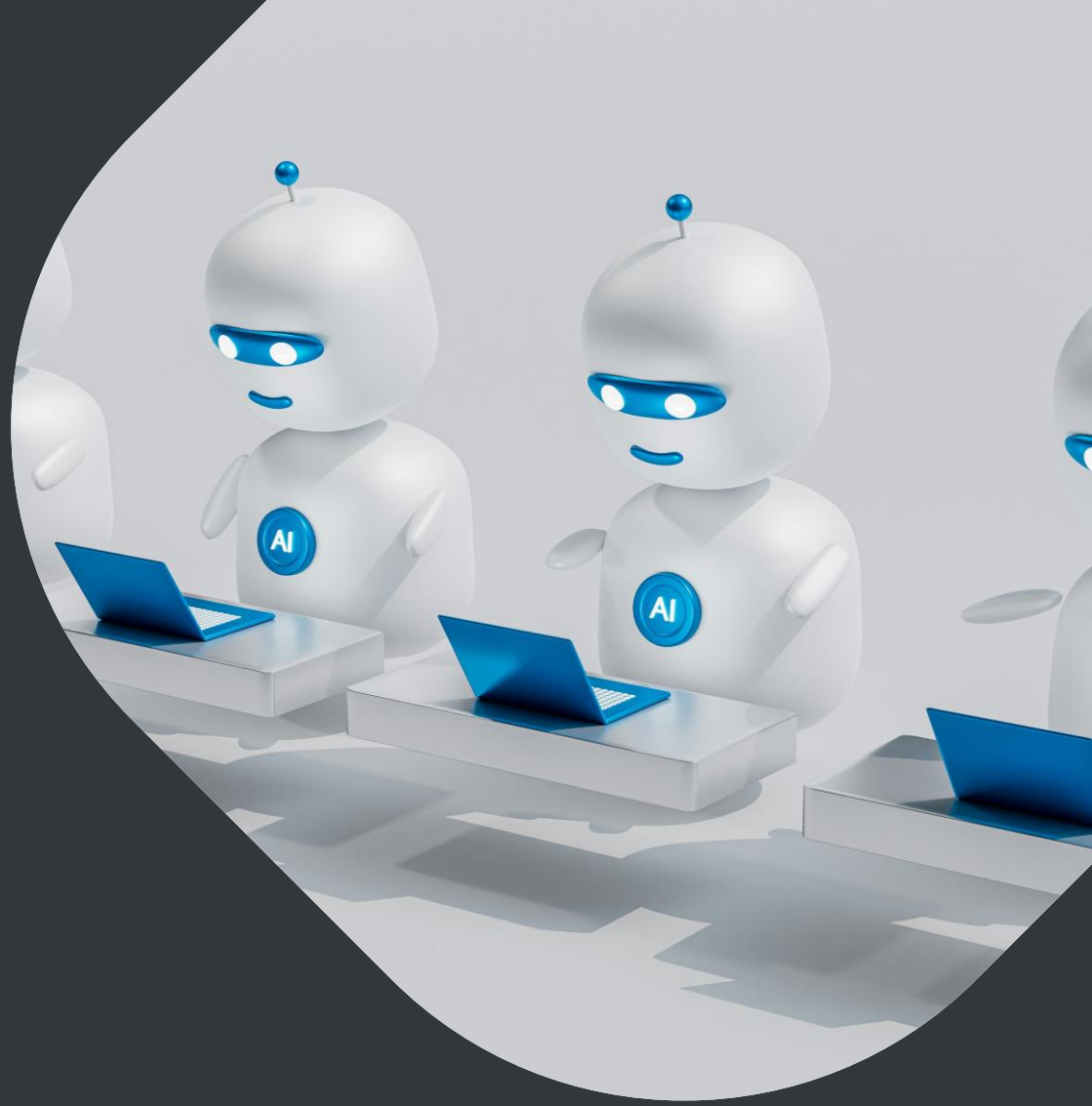
# ARTIFICIAL INTELLIGENCE




"Our intelligence is what makes us human, and AI is an extension of that quality." –Yann LeCun

"As a technologist, I see how AI and the fourth industrial revolution will impact every aspect of people's lives." –Fei-Fei Li

"AI will probably most likely lead to the end of the world, but in the meantime, there'll be great companies." –Sam Altman

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# TECH CHALLENGES....

- Lack of focus
- Distraction
- Loneliness
- Extremist views
- Poor mental health
- Ability to numb or avoid
- Reduced connection skills
- Nervous system on high alert

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# ADDICTION OR COMPULSION?

COMPULSION:
an irresistible, persistent impulse to perform an act.

ADDICTION:
chronic, physiological or psychological need for a habit-forming substance or behaviour or activity having harmful effects typically causing symptoms (anxiety, irritability, tremors etc.) upon withdrawal

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# THE SOCIAL DILEMMA

Social media is a drug. We have a basic biological imperative to connect that directly affects the release of dopamine...so there is no doubt that a vehicle like social media that optimizes this connection is going to have the potential for addiction.

Dr Ann Lembke,
Medical Director for Addiction Medicine at Stanford

# DIGITAL DETOX?

Digital detox is not the solution, for the same reason that wearing a gas mask for two days a week outside isn’t the answer to pollution

Johann Hari - Stolen Focus

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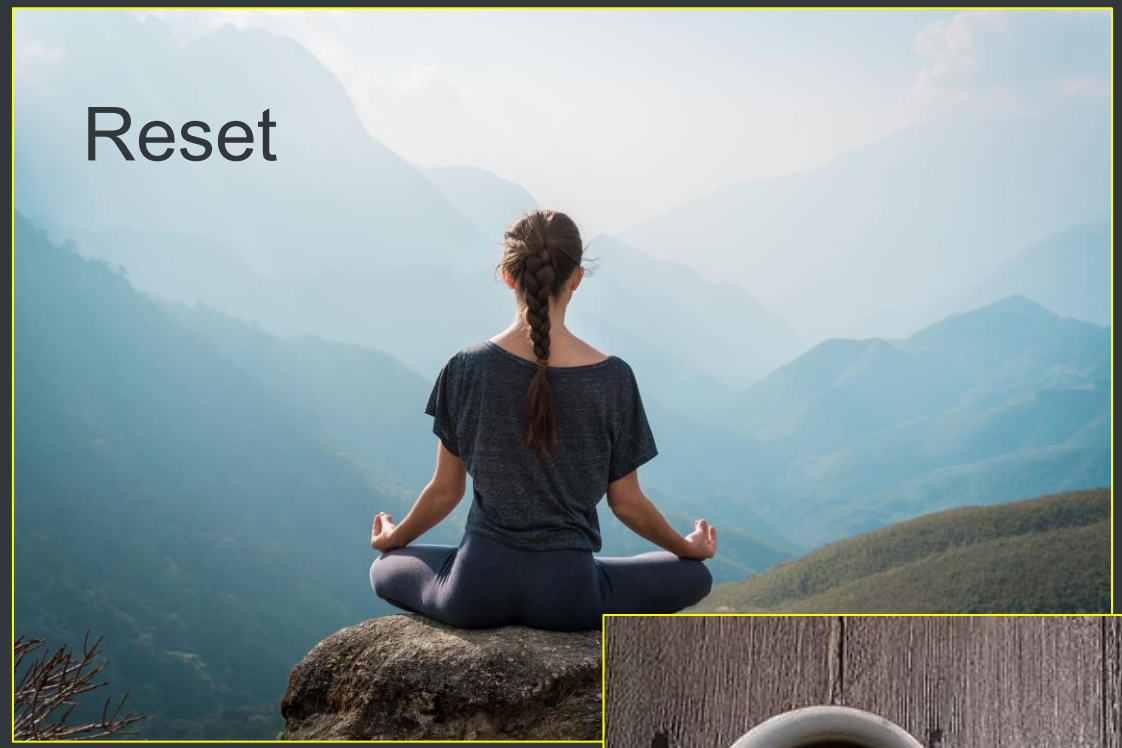




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# HOW TO SET BOUNDARIES

1. Do you feel resentful or irritable?
2. What is being threatened?
3. What boundary do you need?
4. Who do you need to tell?

# THE CENTER FOR HUMANE TECHNOLOGY

- Turn off notifications
- Eliminate outrage and clickbait
- Create tech-free spaces
- Reduce harmful apps
- Do a digital detox

# HOW DO WE DO THIS AT WORK?

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OPTIMISM
A tendency to expect the best possible outcome or dwell on the most hopeful aspects of a situation.

“Strong relationships are the foundation of high performing teams. And all high performing teams start with trust.”

SIMON SINEK

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# PROJECT ARISTOTLE

## WHAT MAKES A SUCCESSFUL TEAM?

- ✓ Psychological Safety
- ✓ Dependability: Reliable & Accountable
- ✓ Structure: Clear roles, plans & goals
- ✓ Meaning: Team Purpose
- ✓ Impact: See results

Psychological safety...

A climate in which people are comfortable expressing and being themselves. They feel comfortable sharing concerns and mistakes without fear of retribution or embarrassment.

**AMY EDMONSON**

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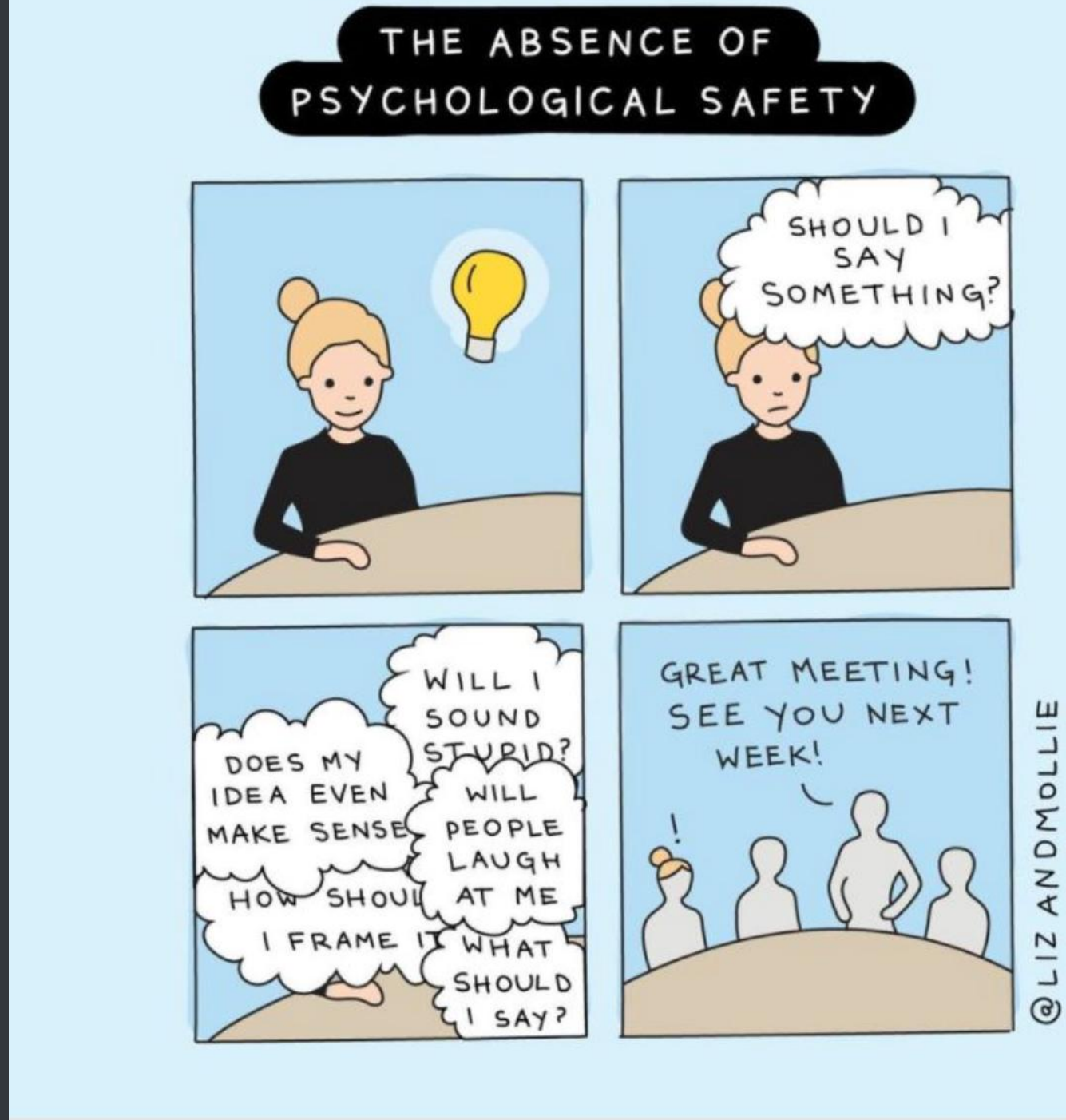
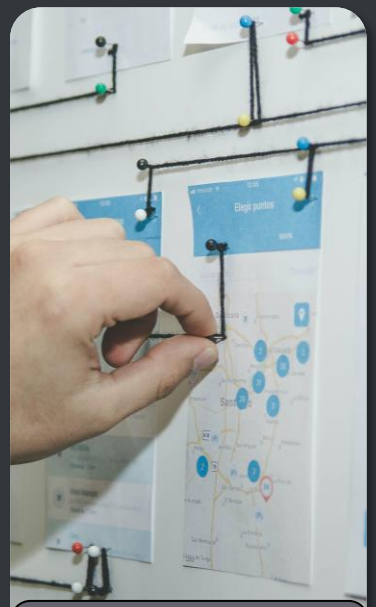

THE ABSENCE OF PSYCHOLOGICAL SAFETY
SHOULD I SAY SOMETHING?
WILL I SOUND STUPID?
DOES MY IDEA EVEN MAKE SENSE
WILL PEOPLE LAUGH AT ME
HOW SHOUL
I FRAME IT
WHAT SHOULD I SAY?
GREAT MEETING! SEE YOU NEXT WEEK!
!
@LIZANDMOLLIE

# HOW TO BUILD PSYCHOLOGICAL SAFETY



Clear expectations

Model vulnerability

Embrace diverse perspectives

Transparent Communication


Show appreciation

Get to know your team

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What's one thing you want to practice or do differently?

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# IN SUMMARY…

- Start with you
- Open up (addiction hides in shame and secrecy)
- Assess working practices – challenge inefficiencies
- 
- Create trust and accountability

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# THANK YOU

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