



TURNING  
LIFE ON

# Digital Wellness BINGO

## Start Your Journey to Digital Wellness

Screen-free Week is the perfect time to start your journey to digital wellness. Digital wellness is using technology with intention to optimize your health. Technology impacts six dimensions of our health - mental, physical, spiritual, social, intellectual and community. Practice ways to optimize your health using the suggestions to the left OR come up with your own.

[TurningLifeOn.org](http://TurningLifeOn.org)

B	E	W	E	L	L
Physical	Mental	Spiritual	Social	Intellectual	Community
Have a Dance Party	Leave your device in the kitchen at night	Be Present: People Come First	Play a Board Game	Turn off notifications	Choose offline games & sports
Power down an hour before bed	Be brave! Try something new	Practice deep breathing (5 deep breaths x 3 times)	Tell "Remember When" stories over dinner	Read a favorite book or discover a new one	Update passwords & check privacy settings
Look out a window for 5 mins every 20	Spring clean your SM feed: Follow Positivity	Connect with nature	Share an authentic truth about yourself with someone you love	Journal, by Hand	Have a conversation about staying safe online
Set-up your work space so your device is at eye level	Give anonymously	Write down 3 things you're grateful for	Listen with curiosity	Learn something new, tell someone about it	Setup Google Safe Search
Try a new sport or exercise activity	Love yourself just the way you are	Reflect on your day without judgment	Cook a meal together	Establish a set time to check email & texts	Evaluate online sources and be aware of inaccuracies