

What is digital self care?

Digital self care can be defined as the conscious efforts taken by an individual to reduce usage of technology and digital devices to ensure one's physical and mental well being [\[1\]](#).

Given how vastly technology is involved in our lives, it is important to take care of oneself, so that one stays physically and mentally fit [\[2\]](#).

Why is it important to practise digital self care?

Digital self care has been linked to many physical health benefits such as improved sleep, quality interpersonal relationships, lower self doubt and self comparison and better self esteem [\[3\]](#).

Speaking from an angle of mental health, digital self care improves our body image and sense of connection with the world and others [\[4\]](#).

Tips to practise digital self care

1. Understanding the use of technology and its impact it has on a person- Technology has crept into today's world and nobody is able to live a day without it. The use of digital devices and applications have increased so much that no one is able to understand how much of a hold it has on a person. Understanding the use of technology and the impact it has on a person is the first step towards digital self care [\[5\]](#).
2. Proper use of security features- In order to prevent a leak of information and data, it is important to properly use the security features in one's device. Have passwords for all social media accounts, backup the data that one has, use antivirus softwares to ensure protection of the device [\[6\]](#).

3. Turning push off notifications- One of the biggest barriers to the productivity of the individual is the notifications that they receive on a timely basis. Pushing off notifications not only improves productivity, but also ensures that there is limited screen time [\[7\]](#).
4. Starting and ending the day device free- It is important to start one's day without any devices. One way to do that is to make sure that one's bedroom is a no tech zone. Start and end the day device free, so that one feels more presented and grounded [\[8\]](#).
5. Practising digital detox- Having a tech free day has so many benefits starting from spending time on oneself to spending time with others, boosted productivity and exploring nature or pursuing a new hobby [\[9\]](#).
6. Meeting friends- Since the COVID pandemic emerged, people have gone the way of connecting via social media or instant messaging. Keep away your devices and meet up with friends and colleagues with whom you are constantly connected via the internet [\[10\]](#).
7. Setting digital boundaries- By using the timer given on social media apps and other digital devices, setting a limit to the amount of time that one spends on digital devices ensures that one isn't too engrossed in it [\[11\]](#).
8. Getting another person involved- Having an accountability buddy ensures that one has company and also ensures that one doesn't go back to digital devices more often than required [\[12\]](#).
9. Being present- Being present would essentially imply being mindful and being where the person is. Designate family or home time, so that more time is spent with one's family. Dedicate time for oneself as well [\[13\]](#).

10. Spring cleaning one's apps- Delete all the applications that are not in use. Mindlessly scrolling through apps that are not productive and deleting them should increase one's time spent outside [\[14\]](#).