An 🍎 a day…

How the internet & technology affect your health & wellness

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Ariel Haubrich, M.Ed Psych

Things are getting better and better and worse and worse, faster and faster.....
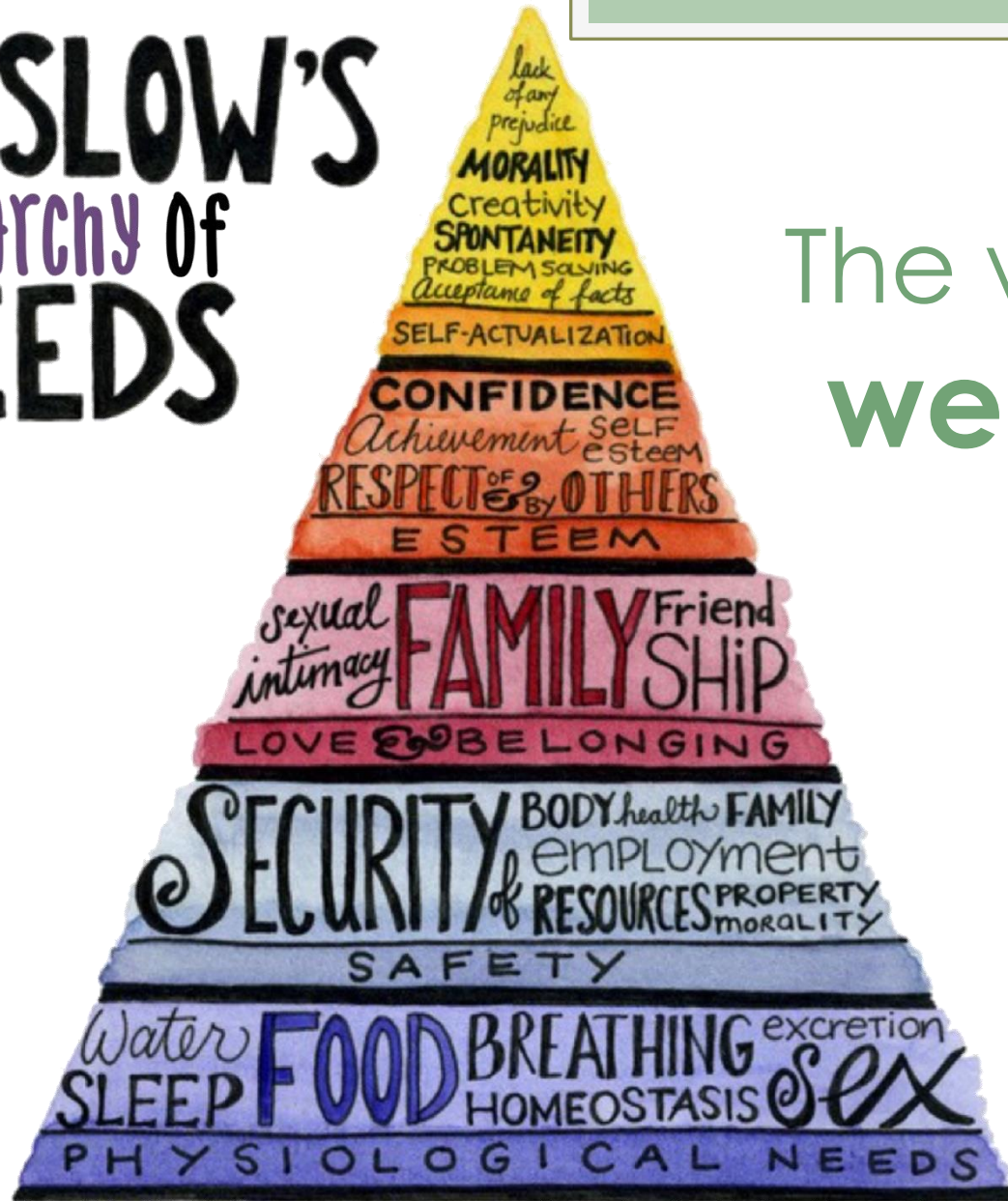
Digital Wellness

Awareness
Passwords
Content
Privacy
Settings
Activity

Physical
Mental
Emotional
Relational

Online Safety **+** Healthy Use
 = Digital Wellness

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MASLOW'S Hierarchy Of NEEDS

lack of any prejudice
MORALITY
Creativity
SPONTANEITY
PROBLEM SOLVING
Acceptance of facts
SELF-ACTUALIZATION

CONFIDENCE
Achievement self esteem
RESPECT of & by OTHERS
ESTEEM

sexual intimacy FAMILY Friend SHIP
LOVE & BELONGING

SECURITY BODY health FAMILY
of employment
RESOURCES PROPERTY morality
SAFETY

Water FOOD BREATHING excretion
SLEEP HOMEOSTASIS Sex
PHYSIOLOGICAL NEEDS

The ways to **wellness**

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SELF-
ACTUALIZATION
Pursue Inner Talent
Creativity Fulfillment

SELF-ESTEEM
Achievement Mastery
Recognition Respect

BELONGING - LOVE
Friends Family Spouse Lover

SAFETY
Security Stability Freedom from Fear

PHYSIOLOGICAL
Food Water Shelter Warmth

WiFi

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Rarely is the problem the technology itself, but instead what the technology is replacing or taking time away from...

Physical

What would you do if you had one more hour in the day?

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Sleep

The most fundamental and foundational wellness & survival process we have

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How does technology affect our sleep?

- Image/ sound/ movement & idea processing time
- Stimulation of the central nervous system (awareness, sensitivity, anxiety, interpretation, heightened arousal)
- Bright light exposure leading to a reduction in melatonin production
- Internet/ computer/ TV time cuts into valuable and important sleep rest, repair and rejuvenation time

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Physical Inactivity

- When we are spending time on the computer, playing video games, Skyping and Face-timing or watching tv (along with a variety of other technological advances) we are not MOVING!

We need to walk, run, jump, play, bend, push, pull, twist and stretch!

- Protect yourself from **"Sitting Disease"**

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Posture & Strain

- Not only HOW MUCH we sit but HOW we sit affects our wellness. Let's act out our technological activity:

- Video Game #1
- Video Game #2
- Texting
- Texting in Bed
- Reading Computer Screen
- Talking on the phone

Technology use has increased the incidences of low back pain, neck pain, muscle aches, headaches, "tech neck," carpal tunnel, eye strain, "texters thumb," blood clots, etc, etc….

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Texting & Driving

- Awareness
- Passwords
- Content
- Privacy Settings
- Activity

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Social /Relational

Cakes and Cookies

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Authentic Relationships & Interactions

- We are "wired" biologically to be in relationships (groups & tribes).
- We receive a lot of health, wellness, emotional and survival benefits from genuine relationships and there is no replacement for these interactions
  - Touch
  - Eye contact
  - Emotions
  - Understanding
  - Physical proximity and intimacy
  - Mirror Neurons

There is a difference between connecting "to" and connecting "with"

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The ways the internet is wrecking relationships….

Technology takes time. Spending time online or distracted keeps you from engaging with friends and family.

"Checking things" interrupts your quality time together and distracts you. Maintaining all those connections and applications can slice and dice your time with your loved ones. Each and every interruption to your time alone together diminishes the intensity of your connection.

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Virtual connections can't replace life connections. When you receive a text or read an email, all you get is information. You don't receive smiles, hugs, laughter or touch. What fosters positive and connected feelings with significant others usually involves physical touch, eye contact, emotional messages, body language, etc. With close friends and loved ones, these interactions release oxytocin enhancing your feelings of affection and increasing the bonding. These are things you can't express or experience over a text message.

Messages are easily misinterpreted. Texts can only convey so much through words and we miss out on the emotions, nuances and important body language of communication. Further, they often allow for misinterpretation

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Texting is a brilliant way to miscommunicate how you feel, and misinterpret what other people mean.

Technology has become a way to avoid difficult relationship or life circumstances. Texting, emailing, "blocking" etc. have taken away our need to face things and "talk" about it!

Technology makes it easier to fight dirty. Anger can be too easily impulsively shot out in an email or text.

We use social media to overshare things that should be personal and between friends/ family. Everyone has an example of something they learned or saw online that they wish had remained personal (or thought should be personal). It makes a friend feel like one of 568 other "friends"….

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Emotional
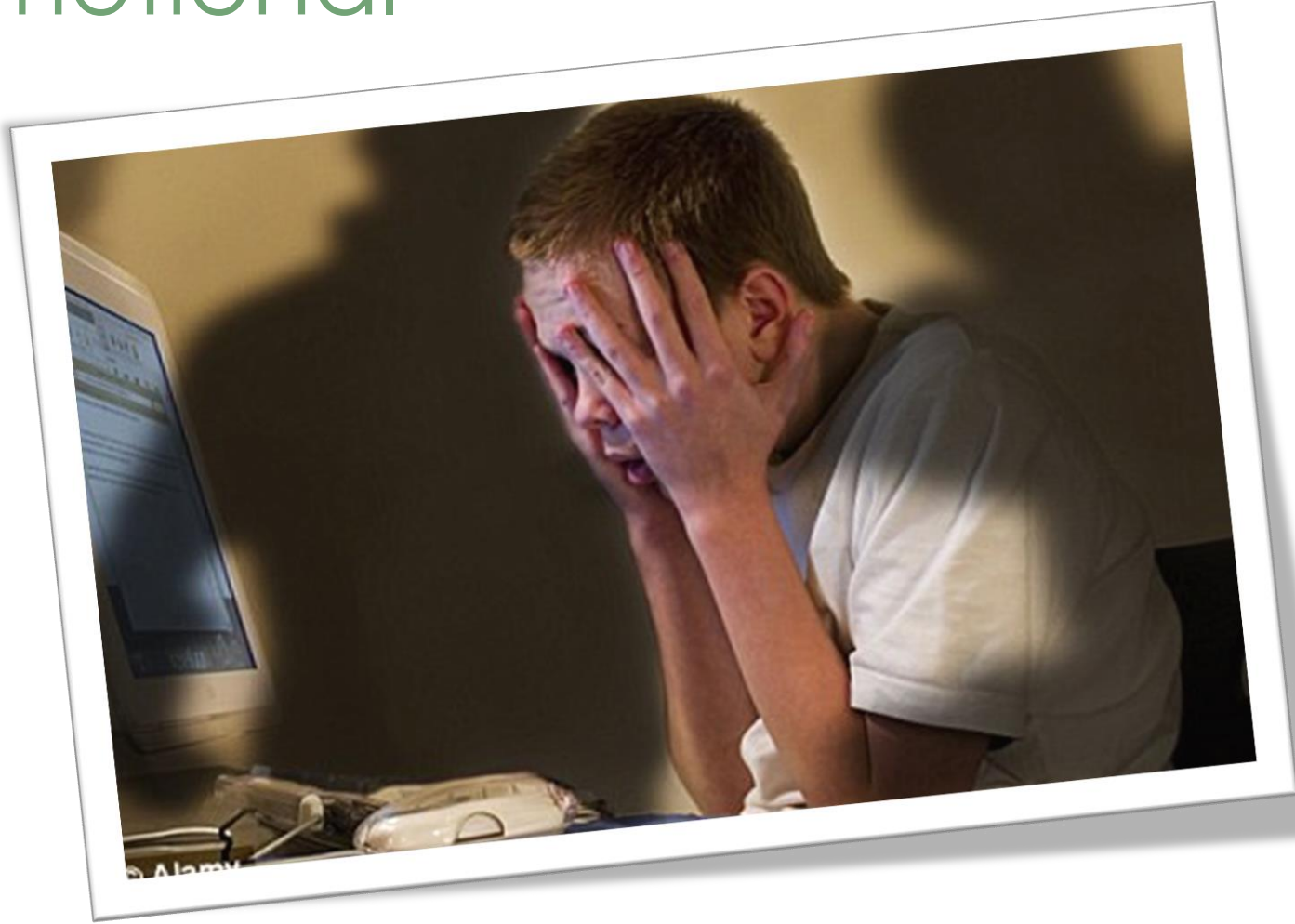
Self Esteem

- We become very dependent on the validation we receive (or don't) on social media
- We consciously and subconsciously base our self worth on the number of friends, followers, views, shares and likes we have
- We are constantly exposed to the photo-shopped, digitally altered and specifically mastered content of the internet and its advertisers, as well as the "highlight reel" of our friends and families lives
- Our online behavior sometimes makes us vulnerable to criticism, judgement, gossip, boundary violations and cyber-bullying.

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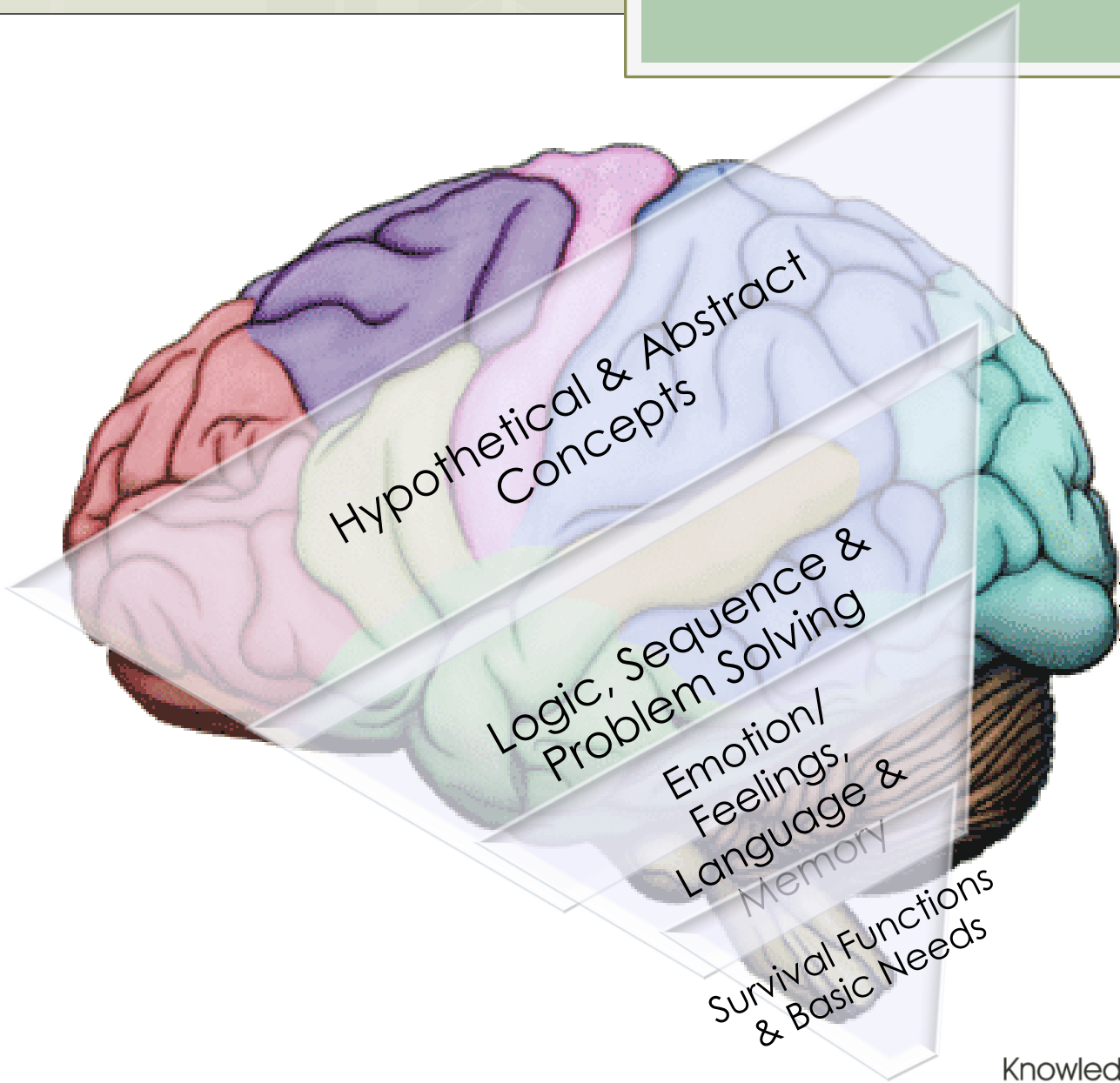
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I HATE U!!!!
I HATE
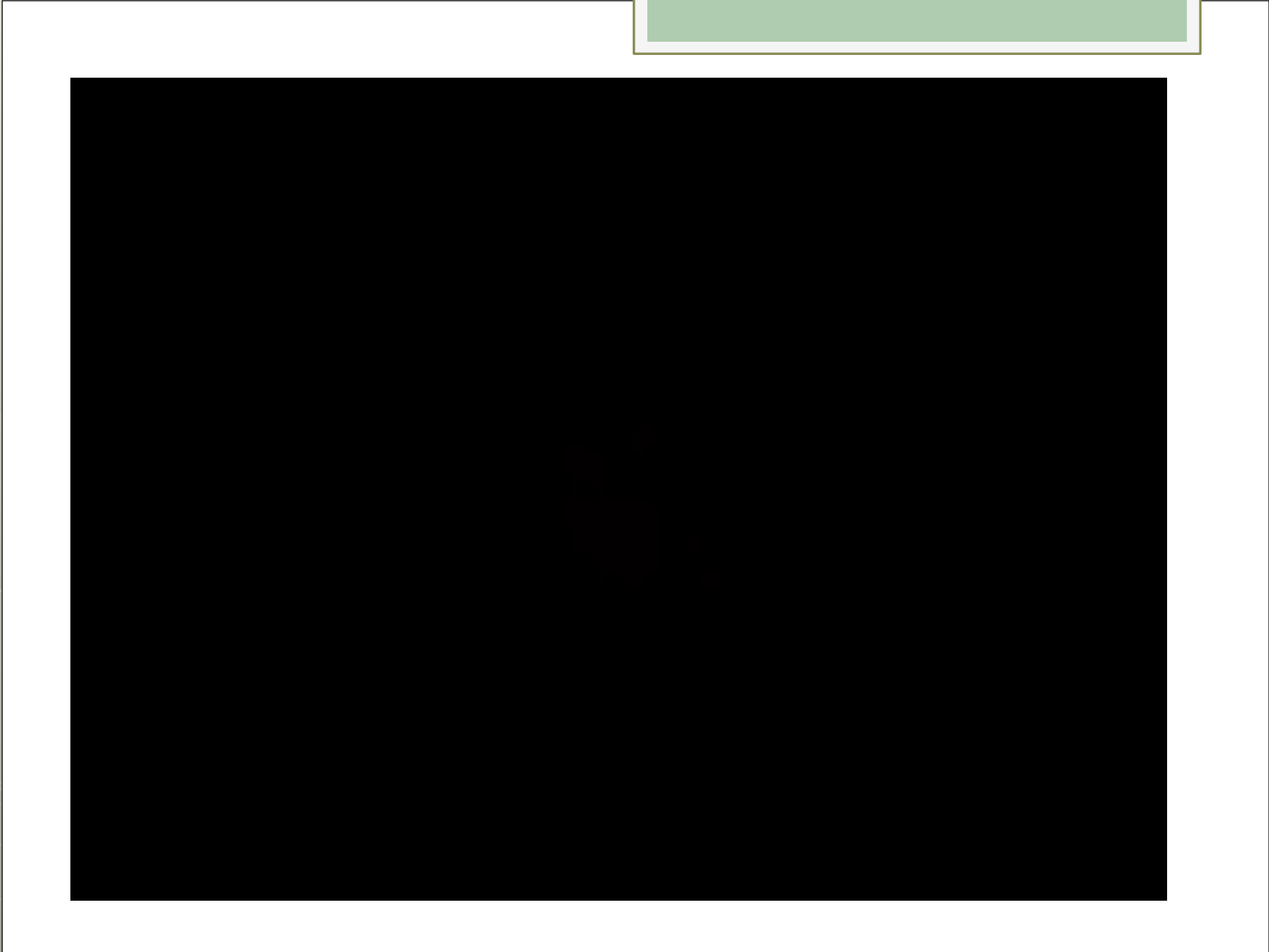
Mental Health

- Increased exposure to technology and the internet stimulates the stress response, the central nervous system and our attention centre

- We become easily agitated, anxious, irritated, emotional, over-sensitive and distracted

- We begin to crave stimulation (can have neurological, intellectual, occupational and emotional repercussions)

- There are higher levels of depression, anxiety, ADHD, sensory processing disorder, personality disorders, narcissism, "FOMO" and **Internet ADDICTION Disorder (IAD)** with those spending excessive amounts of time online or gaming.

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Intellectual

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Hypothetical & Abstract Concepts

Logic, Sequence & Problem Solving

Emotion/ Feelings, Language & Memory

Survival Functions & Basic Needs

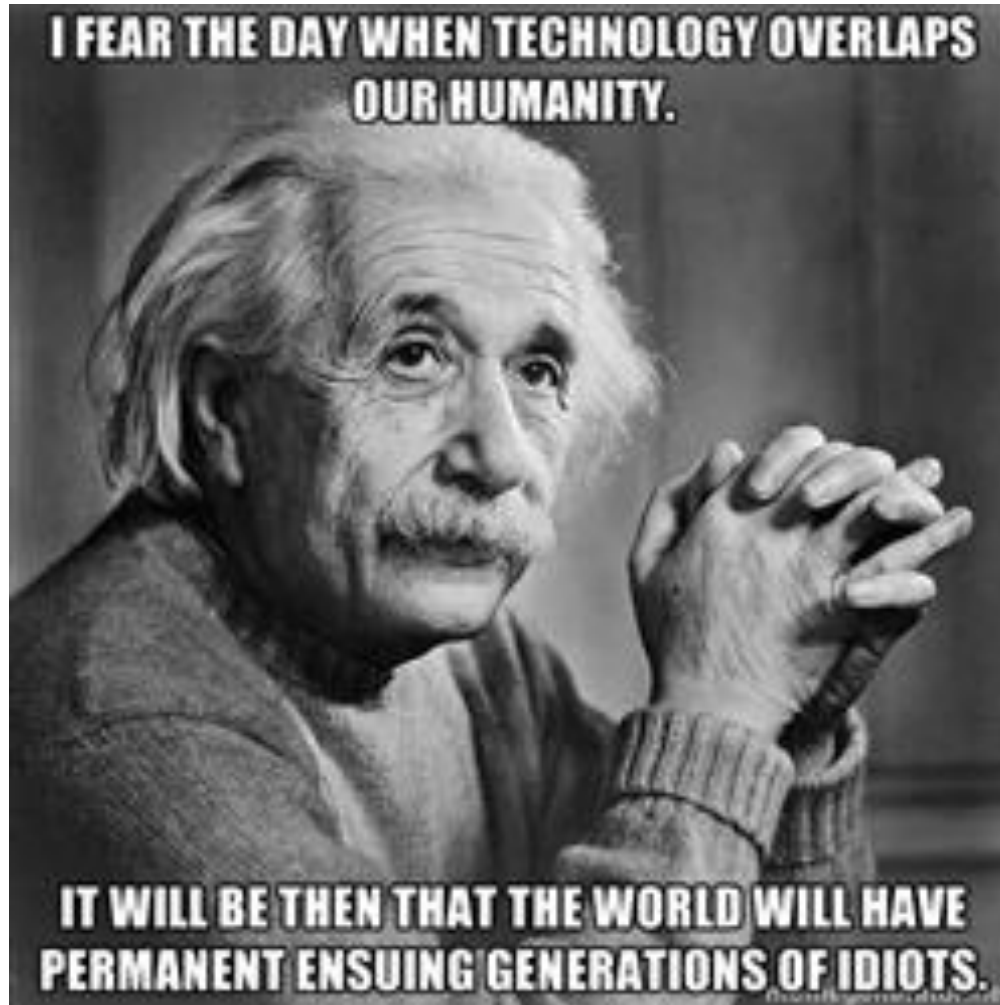Knowledge is Power
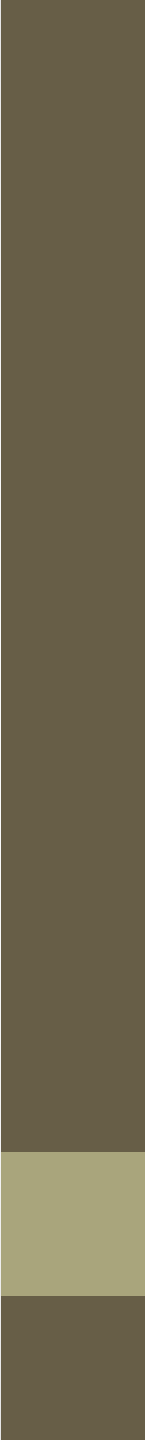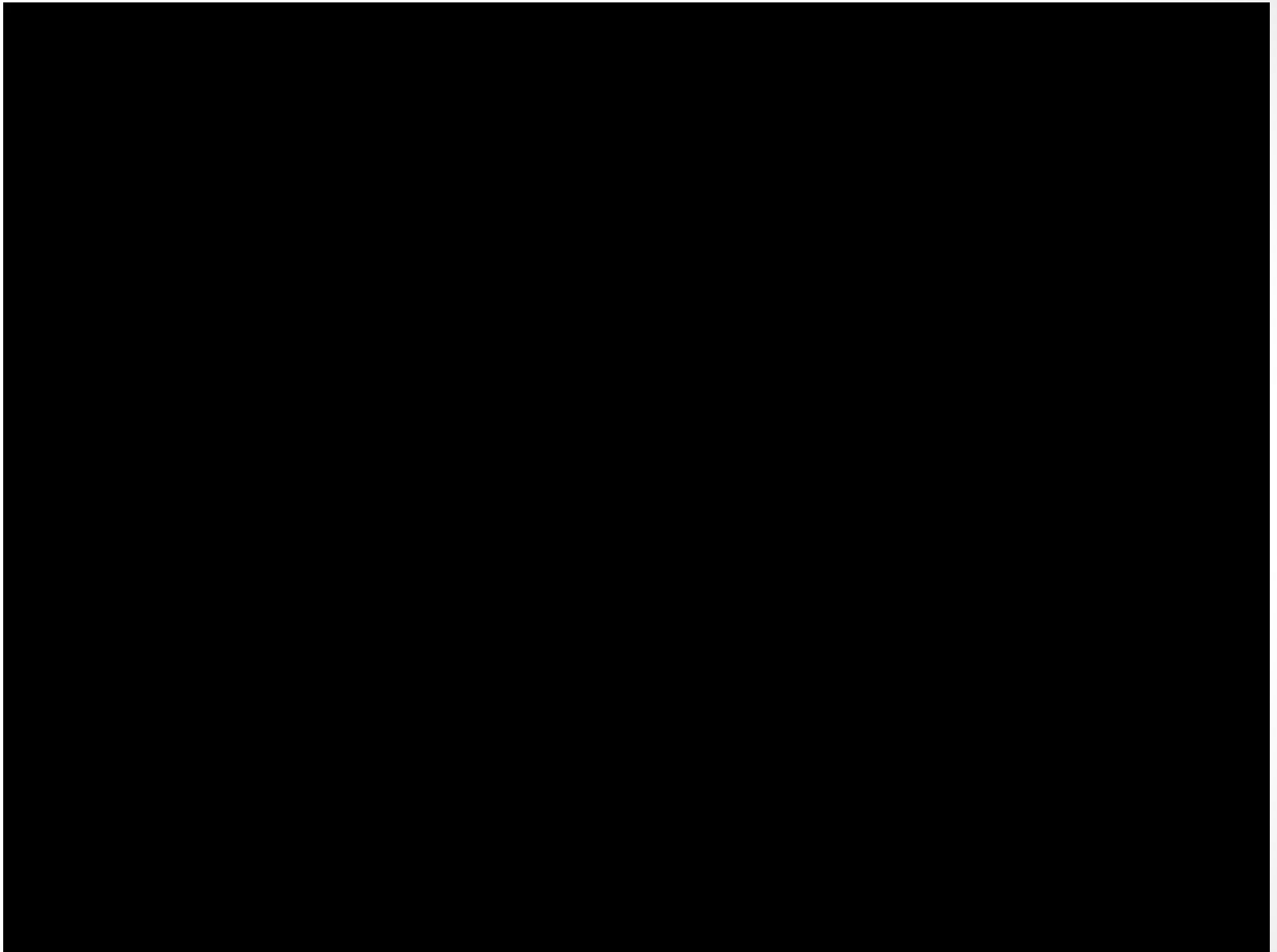Consulting & Wellness Services

How technology interrupts development and cognitive ability

- Cognitive Functions:
  - Attention: The myth of Multi-Tasking
  - Patience (I want a million results and I want them in 0.00062 seconds)
  - Memory
  - Impulse Regulation (dopamine)
  - Information Overload
  - Digital "devolution" (spelling, cursive writing, map reading, calculation, other?
  - Problem Solving (the neurons required to think logically)
  - Abstraction & Creativity (**Be BORED!**)

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Technology and Humanity….

I FEAR THE DAY WHEN TECHNOLOGY OVERLAPS OUR HUMANITY.

IT WILL BE THEN THAT THE WORLD WILL HAVE PERMANENT ENSUING GENERATIONS OF IDIOTS.

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Thank you!

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