

TELUS Wise®

Digital well-being crossword puzzle

Do you know what digital well-being is? Read on to learn more and test your knowledge by completing the crossword puzzle.

What is digital well-being?

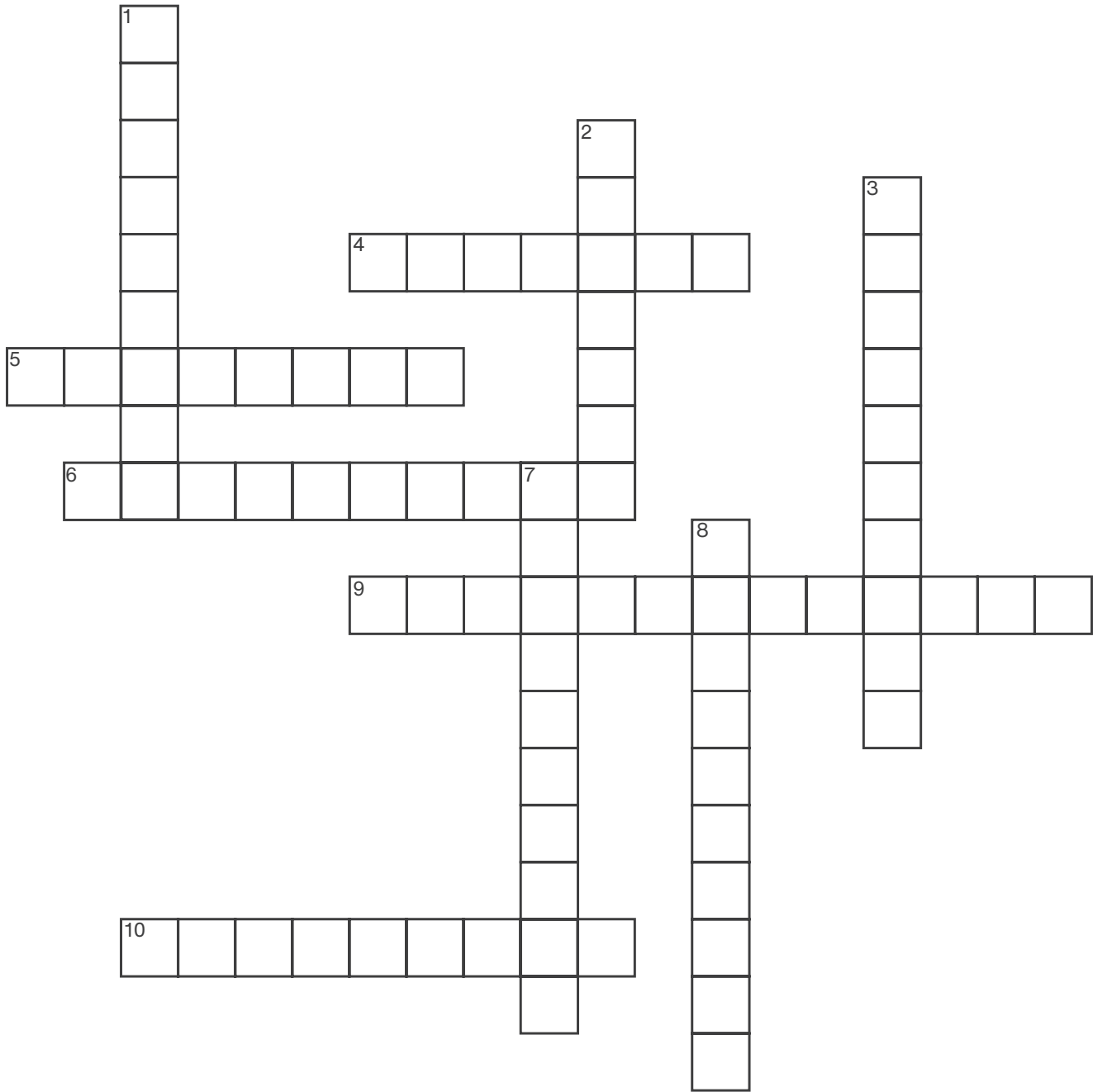
Digital well-being is when you feel good in your mind, body, and emotions because you're using technology and social media in a smart and healthy way. It's all about choosing to use these tools positively and finding balance between screen and non-screen time.

Suggestions for ensuring digital well-being:

- Set boundaries for yourself for your screen use
- Turn off notifications
- Focus on one thing at a time, referred to as unitasking
- Take breaks from your devices and balance screen time with time spent doing other things like sports, reading or playing an instrument
- Practise mindfulness – truly live in the present moment
- Practise gratitude - appreciate all that life offers you, big and small
- Take time for self reflection – check in with your feelings when you're online
- Make sure you're safe and respectful to others online and offline



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Across

4. Finding the right amount – not too much or too little – between technology use and time offline.
5. A real or imaginary line that separates two things.
6. Treating yourself and others with care.
9. Lots of people can't relax when their phone is always pinging with _____.
10. Digital _____ is having a healthy relationship with technology.

Down

1. The quality of being thankful and ready to show appreciation.
2. The act of being present and living in the moment.
3. Self_____ is taking the time to think about your own feelings and behaviours.
7. Working on just one task at a time.
8. A measurement of how long you're using a device.

ANSWER KEY:
 Across: 4. Balance, 5. Boundary, 6. Respectful, 9. Notifications, 10. Wellbeing
 Down: 1. Gratitude, 2. Mindful, 3. Reflective, 6. Respectful, 7. Unintentional, 8. Screen time