

## Digital Wellbeing

Being aware of how we use technology and how its use can affect us has never been more important in terms of living and working sustainably. Digital wellbeing is one of the [six digital capabilities](#), defined by Jisc, that “[equip someone to live, learn and work in a digital society.](#)” Jisc’s definition of digital wellbeing “[considers the impact of technologies and digital services on people’s mental, physical and emotional health.](#)”

Of course, we already have our [Six Ways to Wellbeing](#). Each of these can help us to think through how our uses of technology can affect the different aspects of our wellbeing. For example, how does your use of technology stop or encourage you to 'take notice', 'connect', etc.?

### Interested in finding out more?

**Online resources** from Jisc are available to support discussions around digital wellbeing. These can be used with students and / or colleagues and can be found [here](#) on our Digital Capabilities Effective Practice Hub. A student-facing version of this resource is also in development with the Library's My Learning Essentials team.

**Our Digital Wellbeing workshops** are open to all University staff. For more information, please see the Institute for Teaching and Learning [booking page](#).