Are you controlling your technology or is it controlling you?

The next time you pick up your device, take a beat to ask yourself who's in charge. Because only you can decide.

Am I being supportive and compassionate?

How will my words and actions make others feel?

Is what I'm doing healthy and safe for me mentally, emotionally, and physically?

Am I fully present and enjoying the moment or am I focused on capturing it for others (or mindlessly scrolling or browsing)?

Is this a good use of my time?

Am I watching, listening, or doing so many things at once that I'm not doing any one thing well?

Am I being supportive, compassionate?

How will my words and actions make others feel?

Learn more about our work to help our children grow up healthy, smart, and kind at digitalwellnesslab.org