

Digital Resilience

Like all aspects of our lives, going online conjures up a huge range of emotions and responses that can impact our mood and wellbeing.

This guide will help you understand what digital resilience is and why it is important.

Digital Resilience Involves...

Knowing what to do if anything goes wrong

Being able to recover from any difficulties or upsets that you may come across online.

Being aware of how long you spend online, and limiting it so that you can do other things, like go outdoors

Having the ability to understand when you are at risk online

Learning from your experiences of being online

Websites to help and support you

www.mind.org.uk

www.internetmatters.org

www.youngminds.org.uk

www.verywellmind.com

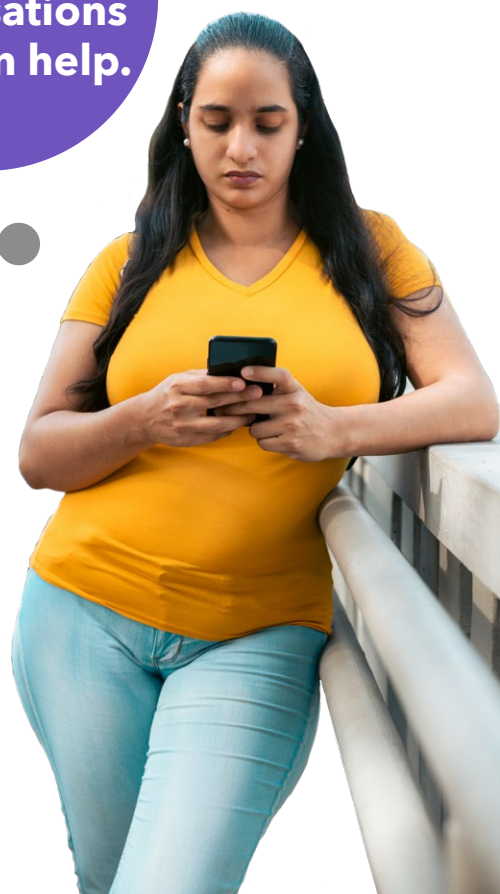
www.kooth.com

How does going online affect you?

Why Is Digital Resilience Important?

It's important to realise when the balance has shifted and going online is not making you feel supported, empowered and happy.

Digital resilience gives you the ability to recognise when going online is having a negative impact.



It's good to have a variety of people and techniques that you can turn to.

Give yourself a break

Nobody is perfect and can make mistakes. Be kind and fair to yourself

Try to resolve any conflicts you may have with people online

It's good to think and talk about how going online makes you feel

Take some time offline if you want to



Lifestyle Changes

Make time for things and people that make you happy.

Seek out new experiences in life and challenge yourself.

Life can be hectic. Find ways to help you relax.

Physical Health



Eat 3 healthy meals per day.

Put your devices away at night to get a good night's sleep. Aim for 8-10 hours of sleep per night.

Get some exercise, be active. Aim for 60 minutes of activity per day.

