The Digital Wellness Challenge

JOIN US IN STARTING THE DIGITAL WELLNESS CHALLENGE. LET’S SPREAD A COMMITMENT TO LOOK UP AND USE OUR TECHNOLOGY RESPONSIBLY AND TO ENGAGE AND RECLAIM CONVERSATION WITH EACH OTHER.

DIGITAL WELLNESS: practicing a healthy use and theology of technology, and being a good steward of my digital life.

1. I commit to using technology as a tool that makes my life simpler, more productive, and embrace its many benefits.

2. I commit to finding my true identity in God and not in my likes or friend count.

3. I commit to being salt and light by engaging our culture in a positive way through Social Media. (Be Salt and Like)

4. I commit to seeking face-to-face conversations and connections as much as possible during my day.

5. I commit to practicing being present and savoring the moment and not try to hoard every experience through technology.

6. I commit to taking digital breaks throughout my day – where I breathe in fresh air, get sunshine on my face and do some exercise.

7. I commit to not using technology as an escape from my feelings and emotions and will instead use a journal for processing my feelings.

8. I commit to finding moments each day for SILENCE AND SOLITUDE, to make space to hear the voice of God, and resist a culture of noise and distraction.

9. I commit to not access inappropriate content through the Internet, and to enlist accountability when needed.

10. I commit to practicing digital wellness for a lifetime to live God’s purpose and calling for my life.

Sign ____________________________  Date ____________

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