Moving Health Literacy Forward with a Dose of Digital Wellness

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Penn State Berks | Reference & Instruction Librarians
PaLA College & Research Division Spring Workshop
June 22, 2020
Today’s Agenda

1. Why digital wellness?
2. Penn State Berks’ Digital Wellness Workshop (abridged)
3. Interconnected relationship of health literacy, digital wellness, & privacy
4. Possibilities for digital wellness programming / initiatives
What is your level of familiarity with digital wellness (DW)?

- DW is new to me
- I have a working definition of DW
- I've read / watched / listened / etc. to expert information on DW
- DW is part of my personal wellness routine
- I offer DW resources or programming to others
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<th>Response</th>
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<tr>
<td>Yes, by the library</td>
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<tr>
<td>Yes, by another campus unit</td>
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<td>Yes, by a student association</td>
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<td>Yes, by an outside organization</td>
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<tr>
<td>I don't know</td>
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**WHY DIGITAL WELLNESS?**

- Mental health concerns are on the rise for young adults ([Twenge et al., 2019; Bethune, 2019; Cigna, 2018](#))
- Gen Z has a unique, complex relationship with technology, the internet, & social media ([Twenge, 2017](#))
- Many stressors for young adults are exacerbated by excessive technology / social media use ([APA, 2019](#))
- Only half of all Gen Zs feel like they do enough to manage their stress ([Bethune, 2019](#))
Free response board in the Thun Library Discovery Lab

Library TRUTH OR DARE

How will you use the library to challenge yourself this year?

- Sleep on the couch more
- Limit myself to one (1) cry sesh a day

First Year Seminar class activity prompt

- Drunk on a lot of Coffee
- No Where
- Crying By Tests
- Going to Classes
- Preparing for exams
- Getting out of bed
- Passing with a C-
- Halo
- No mood
- Put the Pro in Procrastination
What are we doing today?

- Reflect on your digital wellness priorities
- Learn about how our digital practices impact our personal wellbeing, including relationships, mental health, & professional aspirations
- Develop a Digital Wellness Wheel to align habits & goals

Digital Wellness Workshop Guide:  https://guides.libraries.psu.edu/berks/DigitalWellness
What does wellness mean to you?

List examples of healthy habits.

What are your wellness priorities?

Identify barriers to your wellbeing goals.

What are your 'imbalance indicators' that signal you’re going off-track?

Reflection: https://padlet.com/digitalshred/DigitalWellness
Wellness & Technology

Between 2007 and 2008, Americans first reported more screen time than active leisure time (Brookings)

2007 also saw the biggest one-year drop in outdoor recreation time; in 2018, nearly 50% of Americans engaged in no outdoor recreation (Denver Post / Outdoor Foundation)

Research shows we interact with our phones 2600+ times per day (Guardian / dscout)

Socializing online - with its benefits and drawbacks - now accounts for the most common way young adults interact with friends (Pew Research)
Finding Your Tech-Wellness Balance

Considerations:

- Screen time monitoring
- Attention engineering / persuasive design
- Sleep quality / quantity
- Nature deprivation
- Body image / dysmorphia
- Real life relationships
- General physical & mental health
- School / work / life balance
Why Digital Wellness Requires Privacy Literacy

While technology can and does support healthy habits / relationships, there are often hidden harms to the end user which only the intentional integration of privacy literacy can unveil.

Privacy literacy enables conscientious connectivity to respect students’ autonomy and allow holistic risk-benefit analysis.

- Attention engineering / persuasive design
- Invasive data collection by health / fitness / productivity apps (Osberg & Mehrotra, 2020; Becker, 2019; Statt, 2019; Kresge et al, 2019; Loria, 2019; Fussell, 2019; Allen, 2018; and a million more examples!)
Recommended Readings

- Vitamin P: Why Privacy is Good for You (And Good for Society, Too), *Voices of Privacy* blog post by Sarah & Alex
- How to Break Up With Your Phone by Catherine Price
- How to Do Nothing: Resisting the Attention Economy by Jenny Odell
- Digital Minimalism: On Living Better With Less Technology by Cal Newport
- Alone Together: Why We Expect More from Technology and Less from Each Other by Sherry Turkle
- Digital Detox card deck by Goali Saedi Bocci
- The Big Activity Book for Digital Detox by Jordan Reid and Erin Williams
How might you integrate digital wellness into your instruction / work?
Questions?

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Digital Shred Privacy Literacy Toolkit:
https://sites.psu.edu/digitalshred/

Connect! @Digital_Shred