



How Healthy Is Your Digital Diet?



Is your phone distracting when you are doing a task?

Does checking your phone make you feel stressed?

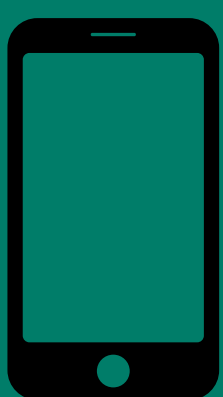
Is scrolling keeping you up at night?

Here are our tips for improving your digital diet

Quality not Quantity

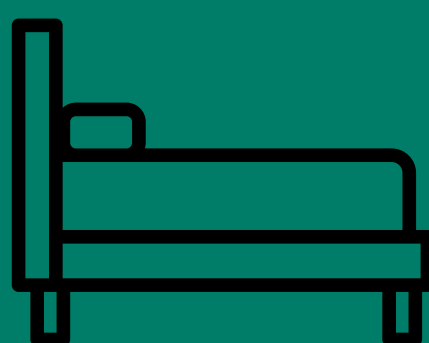
Focus on content that helps you connect and learn.

Avoid doomscrolling



Keep your phone away from your bed

Phone use can impact your sleep. Have some distance to help your quality of sleep



Have a Digital Spring Clean

Unfollow accounts that leave you feeling unhappy or anxious



Find out more at

www.exeter.ac.uk/students/wellbeing/devon/support/