BACK 2 BASICS

BRIDGING THE GAP BETWEEN HIGHER EDUCATION
AND LABOR MARKET BY FOSTERING DIGITAL SKILLS

Bridging the gap between Higher Education and the labour market

Co-funded by
the European Union

BACK 2 BASICS

BRIDGING THE GAP BETWEEN HIGHER EDUCATION
AND LABOR MARKET BY FOSTERING DIGITAL SKILLS

HELLENIC
REPUBLIC
UNIVERSITY
OF MACEDONIA

Smile Lab

M5

Module 5
Protecting Health and Wellbeing

Co-funded by
the European Union

Protecting Health and Wellbeing

Part 1 - Digital Wellbeing Overview

Co-funded by
the European Union

LEARNING OBJECTIVES

-> To understand the concept of digital wellbeing,

-> To explore the variety of perspectives on digital wellbeing.

Welcome!

Image by pch.vector on Freepik

BACK 2 BASICS

WARM UP ACTIVITY!!

Open discussion: How do you think that the use of technology affects you as a person, the environment, the society? Reflect (2-3 min).

Image by pch.vector on Freepik

BACK 2 BASICS

WELCOME

WARM UP
ACTIVITY

THEORY

PRACTICE

QUESTIONS

POST-ACTIVITY

Module 5. Protecting health and wellbeing

THEORY!!

Image by pixabay

What is considered as wellbeing?

Image source: https://digitalwellbeing.org/what-is-digital-wellbeing-a-list-of-definitions/

Image source: ISTOCK

BACK 2 BASICS

What is considered as digital wellbeing? (1/3)

- An umbrella concept
- Describes the impact of technology usage, on various aspects of health and wellbeing:
  - mental,
  - physical,
  - social,
  - emotional.

Video (1:43): What is digital wellness and why is it important?

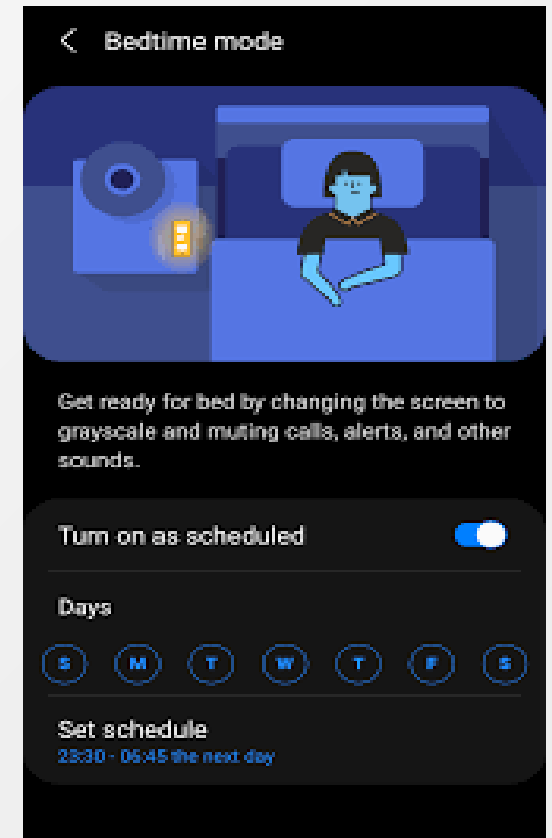https://www.youtube.com/watch?v=JVbo_rzu8k0

Source:

Digital Wellbeing. JISC. (n.d.). Retrieved December 2, 2022, from https://digitalcapability.jisc.ac.uk/what-is-digital-capability/digital-wellbeing/

BACK 2 BASICS

What is considered as digital wellbeing? (2/3)

Digital wellbeing can be viewed from a variety of perspectives and within different contexts, such as:

- The individual health and wellbeing perspective (personal, learning and work contexts).

- Societal or organizational perspective: digital systems, services and content provided supportively, accessibly, equitably to users, in a way that support or even improve their wellbeing
  - e.g., fight against fake news and mis/disinformation

Source: *Digital Wellbeing*. JISC. (n.d.). Retrieved December 2, 2022,

from https://digitalcapability.jisc.ac.uk/what-is-digital-capability/digital-wellbeing/

BACK 2 BASICS

What is considered as digital wellbeing? (3/3)

- Involves the awareness of **both positive and negative** impact of engaging with digital activities

https://www.androidpolice.com/how-to-set-up-digital-wellbeing-android-phone/

https://www.betterplace-lab.org/digital-wellbeing-for-social-innovators

BACK 2 BASICS
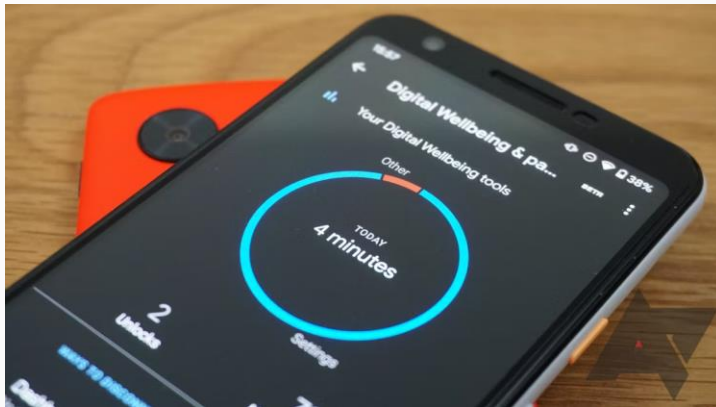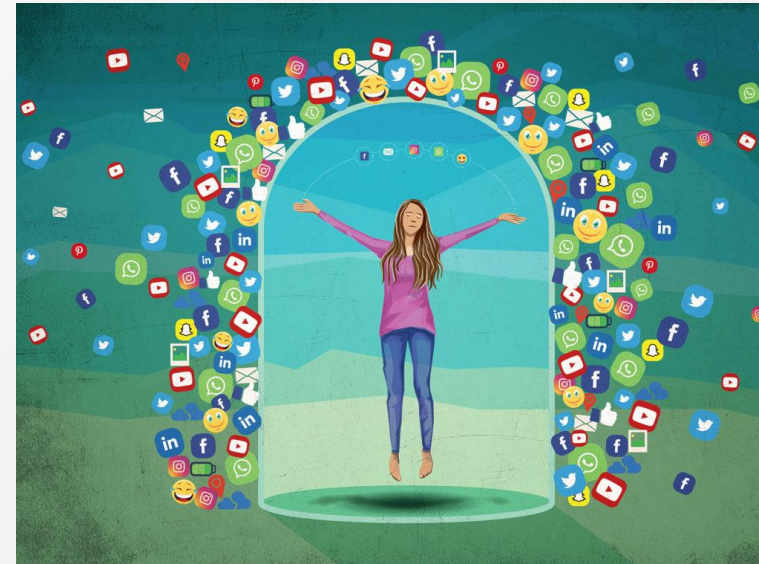
Digital Wellbeing - the environmental aspect

The Green Life: How to Be Environmentally Conscious in College

- FInd quickly into the web pages by typing: Ctrl+F, student
- Environmental concerns
- How Can Students Shrink Their Environmental Footprint?

https://www.edumed.org/resources/going-green-in-college/

Going Green in College

- Why is it Important to Go Green?
- 12 Tips to Help Students Go Green

https://www.accreditedschoolsonline.org/resources/going-green-at-school/

Sustainable and ethical smartphones

What should you look for when buying a new phone?

https://www.mossy.earth/guides/lifestyle/sustainable-and-ethical-smartphones

image source: https://climaterealtalk.org/what-is-employee-green-behavior/

image source: https://www.bbc.com/future/article/20171024-an-eco-friendly-way-to-make-smartphones

BACK 2 BASICS

Takeaway - Digital wellbeing overview

There is a **variety of aspects** of digital wellbeing:

- Individual, organizational, societal, environmental...
- mental, physical, social, emotional...
- Both positive and negative

PRACTICE!!

Image by pixabay https://pixabay.com/illustrations/background-7371258/

Image by pixabay

2nd Activity: QUIZ Choose the right answer!
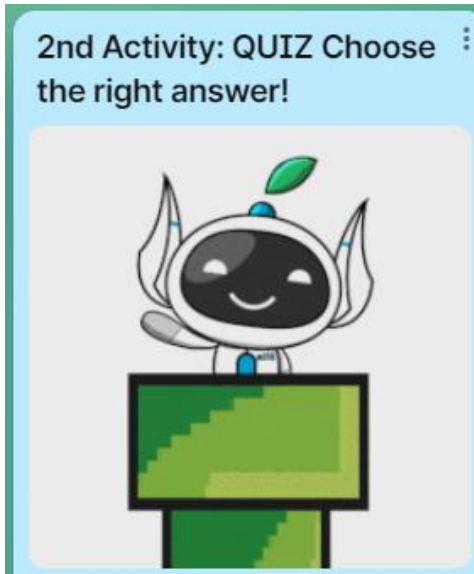
ACTIVITY 2

Digital wellbeing may concern:

1. positive use of technology
2. negative use of technology
3. individuals, environment and society, at large
4. All the above

Image by pch.vector on Freepik

BACK 2 BASICS

WELCOME

WARM UP
ACTIVITY

THEORY

PRACTICE

QUESTIONS

POST-ACTIVITY

Module 5. Protecting health and wellbeing

CORRECT ANSWER

Digital wellbeing may concern:

1. positive use of technology
2. negative use of technology
3. individuals, environment and society, at large
4. All the above

Image by pch.vector on Freepik

BACK 2
BASICS

Protecting Health and Wellbeing

Part 2 - Get Control Over Your Digital Wellbeing

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LEARNING OBJECTIVES

-> To recognize the significance of taking control of your online life.

-> To understand the impact of social media on your psychological wellbeing and learn strategies to manage it effectively.

WARM UP ACTIVITY!!

Open discussion: Reflect on your daily digital behavior and evaluate your level of satisfaction. Consider factors such as the total time spent on the computer and smartphone, completion or delay of tasks due to technology, and its impact on yourself and others (e.g., family, studying, work).

Image by pch.vector on Freepik

BACK 2 BASICS

THEORY!!

Image by pixabay

Smartphones: a major distraction source

- **Sense of annoyance** may increase e.g. due to the increasing number of notifications received.
- **Affecting daily activities and ongoing tasks** such as studying, working, and driving.
- Making users **less productive and more stressed**
- On the other hand, **FOMO** (worries of not being reachable) may arise when disabling notifications. (Rofarello & Russis, 2019)

Image by freepik

Smartphones - a major distraction source (cont.)

Video (1:33): Digital Wellbeing: Minimize distractions

https://www.youtube.com/watch?v=BnrBwAg-Z4E

Image source:: Bullhorst, M. (2016). Jonathan Safran Foer: technology is diminishing us. photograph, The Guardian. Retrieved January 15, 2023, from https://www.theguardian.com/books/2016/dec/03/jonathan-safran-foer-technology-diminishing-us.

The <u>positive</u> impact of social media on students' emotional health

While using social networks helps many people feel:

- **more connected** to peers,
- more free in their **self-expression**,
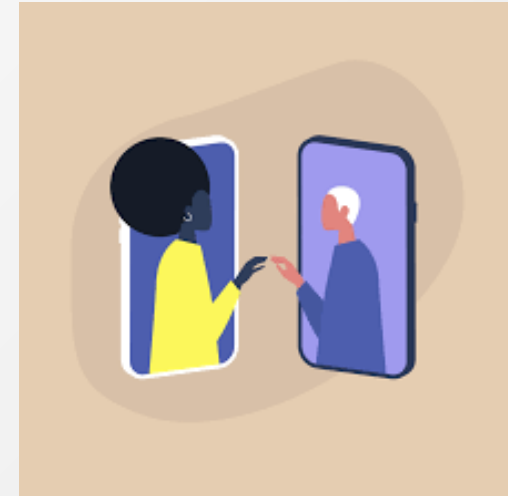- and more **aware of others' experiences**

Source: Digital Wellness 101

https://express.adobe.com/page/HKz3G2gRSohBO/?clickref=1100lwueR4hj&mv=affiliate&mv2=pz&as_camptype=442763&as_channel=affiliate&as_source=partnerize&as_campaign=chelen accessed 17 Jan 2023

The <u>negative</u> effects of social media on students' emotional health (1/2)

Some others may experience **envy, low self-worth, depression or**

other **mental health** issues.

Image source: Alamy

"Research has found a *direct link between social media use and mood disorders* like anxiety and depression, … but acknowledges that *the relationship is complex and bi-directional*".

The <u>negative</u> effects of social media on students' emotional health (2/2)

- Increased amounts of being on Facebook platform among first-year college students have been associated with higher levels of loneliness.
- With 90% of college-aged students comparing themselves with peers shortly after waking up, … ending up in negative self perception (self-identity, body image) before they even get out of bed.
- Research has shown that the more time individuals spend engaging with social media, either through photo sharing or viewing, the more negatively they perceive themselves.

Image by freepik

Think whether is useful and helpful for you to compare your life with others life

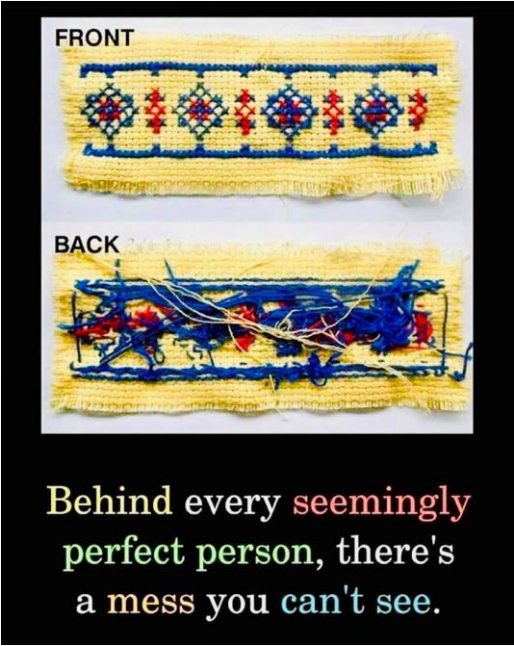Behind every seemingly perfect person, there's a mess you can't see.

Image source:
Image source:

What is considered as addiction?

- the excessive use associated with negative outcomes
  *"… driven by an **uncontrollable motivation** to perform the behavior,*
  …and devoting so much time and effort to it that
  …it affects other important life areas"

➢ **Men** are more likely to become addicted to internet gaming, cyber-pornography, and online gambling.
➢ **Women** tend to develop addictive use of social media, texting, and online shopping

(Andreassen et al., 2016)

I

Social media overuse side effects

- the so called Social Media Fatigue (SMF),
  - feeling of tiredness, usually temporary, from social media overuse due to cognitive, especially information and communication overload, FOMO, Cyberbullying, low DS-R (deficient self regulation)
- anxiety,
- depression,
- shame,
- social comparison,
- loneliness,
- distraction,
- procrastination,
- obesity,
- sleep disorders,
- poor dietary habits.

(Islam et al., 2020)

About Information overload Image source: https://workspace365.net/en/the-dangers-of-information-overload-and-how-to-prevent-it/

About Procrastination Image source: https://www.durham.ac.uk/research/current/research-news/need-help-tackling-your-procrastination-this-could-be-the-book-for-you/

Learn to live more mindfully with social media

- **Track** and, if needed, **limit the time** you daily spend on social media.
- Think whether is helpful for you to **compare your life** with others'.
- Consider whether social media make you feel **vulnerable**
- **Counseling** may help. **Support is available** at no cost at universities.

Source: Digital Wellness 101

https://express.adobe.com/page/HKz3G2gRSohBO/?clickref=1100lwueR4hj&mv=affiliate&mv2=pz&as_camptype=442763&as_channel=affiliate&as_source=partnerize&as_campaign=chelen accessed 17 Jan 2023

Upper image source: https://www.wikihow.com/Limit-Social-Media-and-Internet-Use

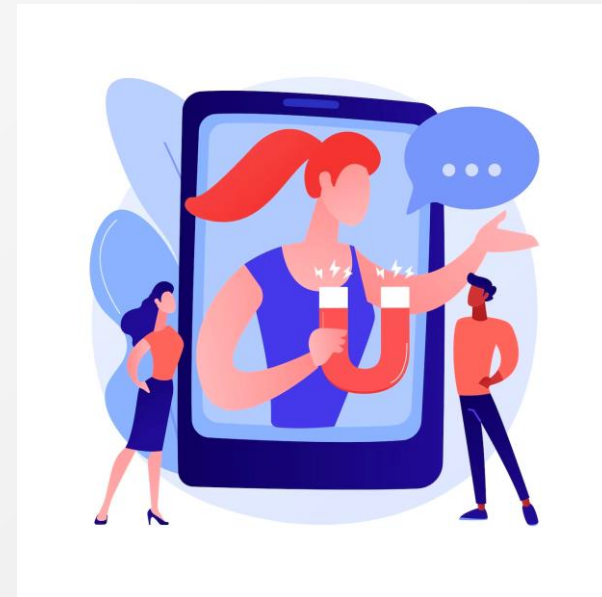# The pushback in habitual use of digital devices in everyday life (1/3)

Image source: Thinkstock / hudiemm / Getty Images accessed at

https://www.cio.com/article/215777/8-tips-for-dealing-with-it-project-pushback.html

The pushback in habitual use of digital devices in everyday life (2/3)

According to a survey held in 2018 (sample of 45 US adults, mainly young adults):

- Habitual use of technology (such as smartphone use without realizing what they are doing) leaves users a feeling of lack to control over their own behavior

- A lot of people wish they could change their online behavior e.g. by avoiding meaningless engagement

Image source:freepik

The pushback in habitual use of digital devices in everyday life (3/3)

However, according to research, people (including HE students) often struggle to make changes to their usage habits that stick.

Recommendations:

- Try to stay informed about how to self-regulate towards technology and social media use,
- anti-distraction apps like Freedom, Forest, and RescueTime may support your self-regulation
  - e.g., by monitoring, limiting, stopping using.
- Check for the app that suits you.
  - Visit apps' sites, read their reviews, and so on.
  - More apps on https://timelyapp.com/blog/anti-distraction-apps

# The pushback in habitual use of digital devices in everyday life

References:

Lukoff, K., Yu, C., Kientz, J., & Hiniker, A. (2018). What makes smartphone use meaningful or meaningless?. Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies, 2(1), 1-26.

Stacey Morrison and Ricardo Gomez. 2013. Pushback : The Growth of Expressions of Resistance to Constant Online Connectivity Methods: A Literature Review on Pushback. 1–15. https://doi.org/10.9776/14008

Stacey Morrison and Ricardo Gomez. 2014. Pushback: Expressions of resistance to the "evertime"of constant online connectivity. First Monday 19, 8.

What is considered as FOMO? (1/2)
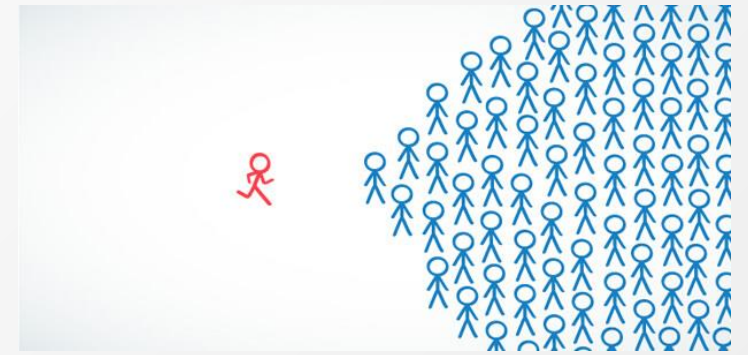
FOMO is:

- "a pervasive apprehension that others might be having rewarding experiences from which one is absent"
- the desire to stay continually connected with what others are doing (e.g. on Internet and social media)

Sources:

Kisilowska, M. (2022). Fear of Missing Out, Information Literacy, and Digital Wellbeing. In *European Conference on Information Literacy* (pp. 167-175). Springer, Cham.

Przybylski, A.K., Murayama, K., DeHaan, C.R., Gladwell, V.: Motivational, emotional and behavioral correlates of fear of missing out. Comput. Hum. Behav. 29, 1841–1848 (2013)

**Video** (2:18): FOMO: Our Relationship with Social Media

https://www.youtube.com/watch?v=q5zv9_ZgYoQ

Image source: https://optinmonster.com/fomo-marketing-examples-to-boost-sales/

Get Control Over Your Digital Wellbeing

- Analyze your time consumption percentages for your primary concern (education) and the other purposes.
  - Consider of applying Time Management good practices!
- Recognize that established habits are difficult to alter
- Select the suitable for you tools (apps, online interventions, tips, online guides, books and so on) to self-regulate (balance) your digital activities
  - e.g., monitor your screen time
- Stay informed towards digital well-being to attain productive and healthy lifestyle

Thomas, N. M., Choudhari, S. G., Gaidhane, A. M., & Syed, Z. Q. (2022). 'Digital Wellbeing': The Need of the Hour in Today's Digitalized and Technolo
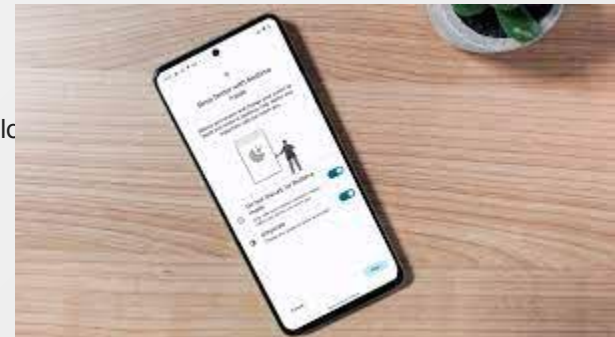
Get Control Over Your Digital Wellbeing (cont.)

Limit unnecessary distractions by keeping only your *meaningful* notifications, e.g.:

- turn off notifications
- unsubscribe
- delete
- mute, etc.

Further reading:

https://www.forecast.app/blog/how-to-avoid-distractions-at-work acc

Get Control Over Your Digital Wellbeing - The Mindfulness approach

- Mindfulness is an increasingly popular approach used to unwind/relax by focusing to your physical self and feelings.
- Studies have shown that mindfulness and meditation can positively impact mental and physical health, whether it's by:
  - reducing stress,
  - improving sleep,
  - increasing focus,
  - or improving relationships.
- Check for and select the techniques that suit to you
  Headspace app can improve mental, emotional, and social health.
  https://www.headspace.com/science

Link: 10 Types of Meditation and How to Do Them

https://psychcentral.com/health/types-of-meditation

Link (and image source): How to Meditate

https://www.mindful.org/how-to-meditate/

Individual activity (10'): Create Personal Digital Wellbeing Plan

At this point, let's (re)consider whether you would change your online engagement

Visit

https://rb.gy/prs5bn

About Rethinking Image source:Dreamstime

Guiding prompts:

About habit changing image source: https://www.positran.eu/positive-psychology-behaviour-change/

1. The way I use technology,
2. The time I spend online,
3. The way I see others' lives online,
4. Need to (re)think about how meaningful are my daily habits with technology for me,
5. Recognize addictive behavior developing while using technology,
6. Check for suitable for me apps that help me monitor my screen time.

Takeaway

- Habitual use of technology leaves users a feeling of lack to control over their own behavior

- A lot of people wish they could change their online behavior.

- Internet addiction is compared to drug addiction.

- Take digital breaks periodically.

- A suitable for you app to limit digital devices and connections use may help.

- Use your online interactions to facilitate real-world connections.

- Use your information literacy skills to search for credible informative content about your digital health/wellbeing/wellness .
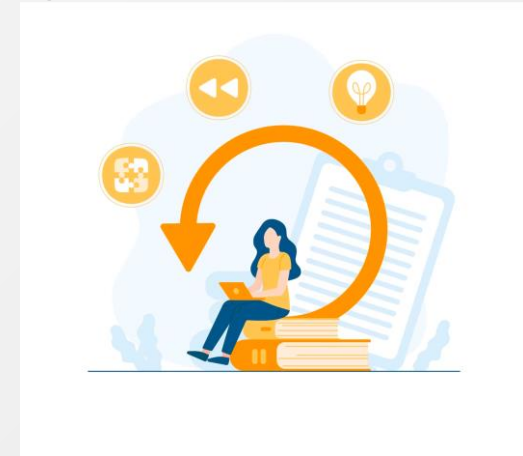
Further reading

- **The Digital Student: Your digital wellbeing**

https://libguides.

- **Tips for reflecting on Screen Time**

https://www.tiktok.com/safety/en/well-being/

- **10 Tips** to Overcome Internet Addiction

https://theinternationalpsychologyclinic.com/10-tips-to-overcome-internet-addiction/

- How to Limit Social Media and Internet Use

https://www.wikihow.com/Limit-Social-Media-and-Internet-Use

- Zones of Regulation and Self Regulation Activities
https://www.theottoolbox.com/zones-of-regulation-activities/

- How to check screen time on Android: Make sure you're using your time wisely

https://www.androidauthority.com/how-to-check-screen-time-on-android-1193997/

- Keep track of your screen time on iPhone

https://support.apple.com/en-gb/guide/iphone/iph24dcd4fb8/ios

PRACTICE!!

Image by pixabay https://pixabay.com/illustrations/background-7371258/

Image by pixabay

WELCOME

WARM UP ACTIVITY

THEORY

PRACTICE

QUESTIONS

POST-ACTIVITY

Module 5. Protecting health and wellbeing

3rd Activity: mini QUIZ
Choose the right answer!

ACTIVITY 3

Image by pch.vector on Freepik

BACK 2 BASICS

QUIZ! QUESTION 1

ACTIVITY 3

Forms of addictive online behaviors include: (you can select more than 1 answers)

A. E-shopping,

B. Exercising,

C. Meditating,

D. Gaming.

Image by pch.vector on Freepik

BACK 2 BASICS

CORRECT ANSWER

ACTIVITY 3

Forms of addictive online behaviors include: (you can select more than 1 answers)

A. E-shopping,

B. Exercising,

C. Meditating,

D. Gaming.

Image by pch.vector on Freepik

BACK 2 BASICS

ACTIVITY 3

QUIZ! QUESTION 2

You can improve your online behavior in terms of balanced use of digital devices by (you can select more than 1 answers):

A. Being accurately informed about the consequences of the overuse of smartphones and social media.

B. Disabling meaningless notifications.

C. Searching for apps that help you monitor your screen use.

D. All the above.

Image by pch.vector on Freepik

BACK 2 BASICS

CORRECT ANSWER

ACTIVITY 3

You can improve your online behavior in terms of balanced use of digital devices by (you can select more than 1 answers):

A. Being accurately informed about the consequences of the overuse of smartphones and social media.

B. Disabling meaningless notifications.

C. Searching for apps that help you monitor your screen use.

D. All the above.

Image by pch.vector on Freepik

BACK 2 BASICS

Protecting Health and Wellbeing

Part 3 - Effective Time Management

Co-funded by
the European Union

LEARNING OBJECTIVES

-> To understand the importance of effective time management.

-> To explore simple strategies to achieve effective time management in various aspects of life.
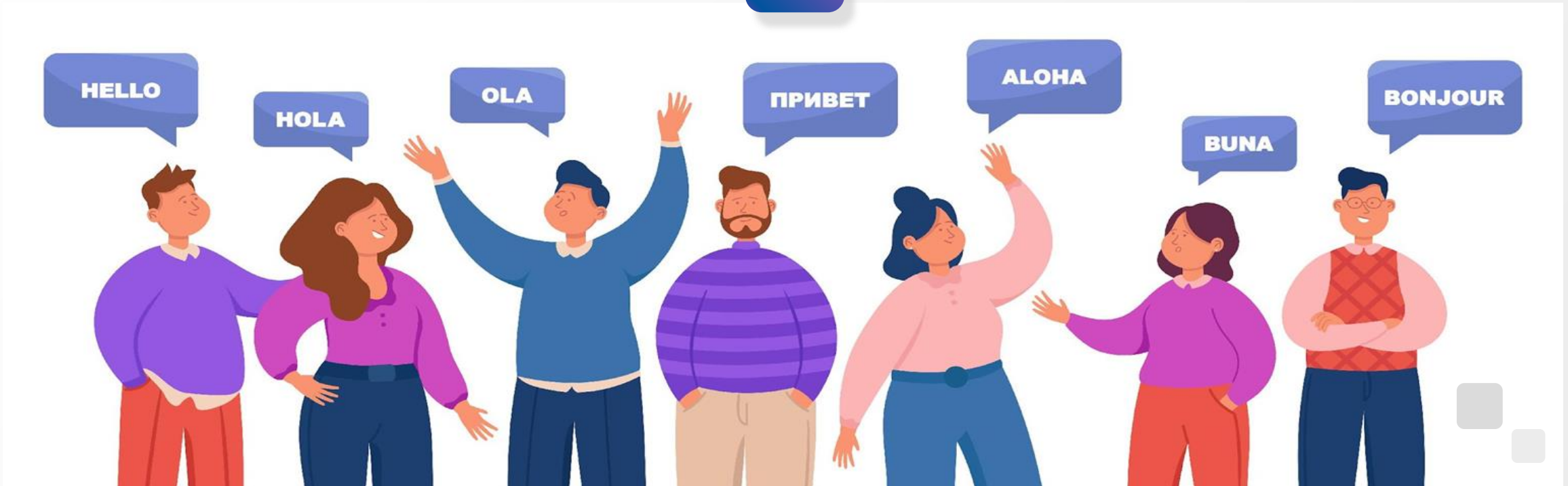
Welcome!

Image by pch.vector on Freepik

1st warm up activity

WARM UP ACTIVITY!!

Open discussion: "What are some of the key challenges you face in managing your time effectively as a student, and how do these challenges impact your overall well-being and academic performance?" Reflect (2-3 min).

Image by pch.vector on Freepik

BACK 2 BASICS

THEORY!!

Image by pixabay

PRACTICE!!

Image by pixabay https://pixabay.com/illustrations/background-7371258/

Image by pixabay

BACK 2 BASICS

Students' work-life balance: importance of effective time management (1/2)

HE students worry about the amount and quality of time committed to different, often competing roles and responsibilities:

- academic related activities,
- and non-academic components of student lives:
  - personal life,
  - family life,
  - social life,
  - and professional related activities.

Image by freepik

Yusuf, J. E., Saitgalina, M., & Chapman, D. W. (2020). Work-life balance and well-being of graduate students. *Journal of Public Affairs Education*, *26*(4), 458-483.
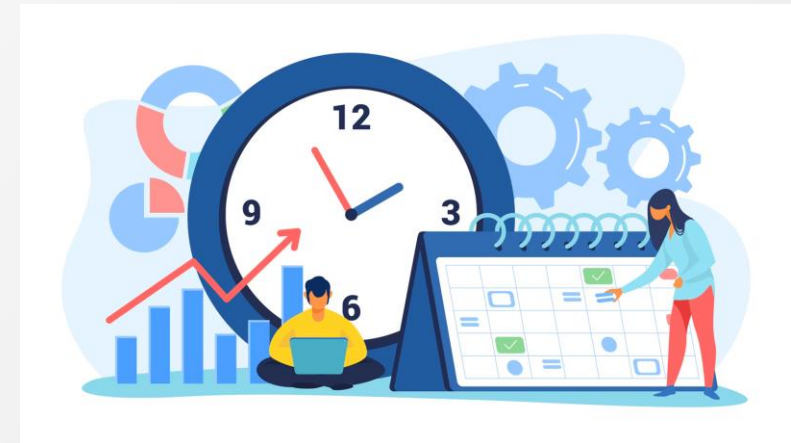
Students' work-life balance: importance of effective time management (2/2)

Image source: ClipartMax

- Time management is one of the most reported difficulties associated with balancing multiple responsibilities.
- Ineffective time management can impact well-being.

Image source: https://learnfromblogs.com/time-management-tips

Image source: https://www.viennaadvantage.com/blog/business-hacks/effective-time-management-tips/

Image source: https://www.123rf.com/photo_107424132_funny-character-with-to-do-list-vector.html

Visualize your desired outcomes and organize tasks to achieve your goals

Schedule tasks according to:

- **projects** with deadlines
- your **long-term goals.**

Schedule your **priorities**!

Plan and <u>prioritize</u> important tasks based on deadlines, urgency, and importance.

	URGENT	NOT URGENT
IMPORTANT	**DO** Do it now. Write article for today.	**DECIDE** Schedule a time to do it. Exercising. Calling family and friends. Researching articles. Long-term biz strategy.
NOT IMPORTANT	**DELEGATE** Who can do it for you? Scheduling interviews. Booking flights. Approving comments. Answering certain emails. Sharing articles.	**DELETE** Eliminate it. Watching television. Checking social media. Sorting through junk mail.

"What is important is seldom urgent and what is urgent is seldom important."
-Dwight Eisenhower, 34th President of the United States

Managing distractions

- turn off notifications,
- create a designated study/work area,
- practice self-discipline

Left image source: https://gradepowerlearning.com/effects-of-multitasking-on-learning/

Right image source: https://bookkeepers.com/how-avoid-distractions/

Rest *properly* (1/4)

Good habits that will make you _feel rested_ include both passive and active forms of rest.

- Sleep 'well'!
    - A standard recommendation is 6-8 hours,
    - …but you should check in with yourself,
    - e.g., using a smartwatch to monitor your sleep quantity and quality.
- Listening to music

Source: https://www.ysamphy.com/time-mastery-guide/ accessed 17 Feb 2023

Image source: https://www.nosleeplessnights.com/best-sleep-tracker/

Rest *properly* (2/4)

However, some forms of rest may not only help us recover, as they may be risk factors for addiction development:

- Scrolling,
- Chatting,
- Internet gaming,
- Eshopping and so on.

image source: https://online.alvernia.edu/articles/habit-vs-addiction/

image source: https://calgarydreamcentre.com/is-addiction-a-mental-illness/

Source: https://www.ysamphy.com/time-mastery-guide/ accessed 17 Feb 2023

Rest *properly* (3/4)

Physical and sensory activities that allow us to detach from work include:

- exercising,
- dancing,
- mountain climbing,
- cycling,
- walking outside,
- meditation and breathing exercises.

Rest *properly* (4/4)

Overall, you should consider replacing harmful passive habits with more restorative ones, like:

- meditation,
- exercising,
- socializing with your loved ones.

Source: https://www.ysamphy.com/time-mastery-guide/ accessed 17 Feb 2023

Image source: https://www.statnews.com/2020/08/13/teach-people-to-socialize-safely-during-time-of-coronavirus/comment-page-1/ accessed 17 Feb 2023
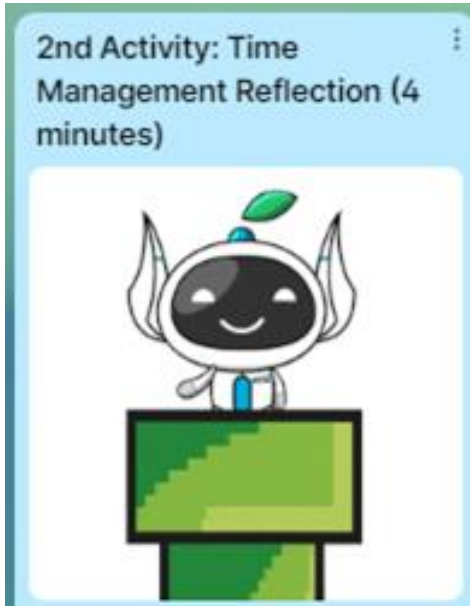
Time blocking

Image source: https://www.verywellmind.com/how-to-use-time-blocking-to-manage-your-day-4797509

Take tech breaks!

Both large and small, such as:

- taking regular **breaks** throughout your workday,
- resting throughout the **weekend**,
- taking a **vacation** from time to time.

Image source : freepik

2nd Activity: Time Management Reflection (4 minutes)

ACTIVITY 2

1. Which strategies discussed resonate with you?
2. How can you incorporate these strategies into your daily routine?
3. Can you identify any additional strategies or techniques that you think would be effective for your personal time management?

Open discussion.

Image by pch.vector on Freepik

BACK 2 BASICS

Takeaway

Strategies for effective time management include:

- Setting goals and deadlines,
- Prioritizing tasks,
- Time blocking,
- Minimizing distractions,
- Practicing self-discipline,
- Taking breaks,
- Resting properly.

Image source: freepik
https://www.freepik.com/free-vector/flat-time-management-concept-illustration_12281502.htm#query=time%20management&position=2&from_view=search&track=ais

Protecting Health and wellbeing

Part 4 - Physical Stresses and Ergonomics for Digital Device Use.

Co-funded by
the European Union

LEARNING OBJECTIVES

-> To raise awareness of physical stresses and injuries associated with using digital devices.

-> To understand the importance of setting up a workstation according to ergonomic guidelines.

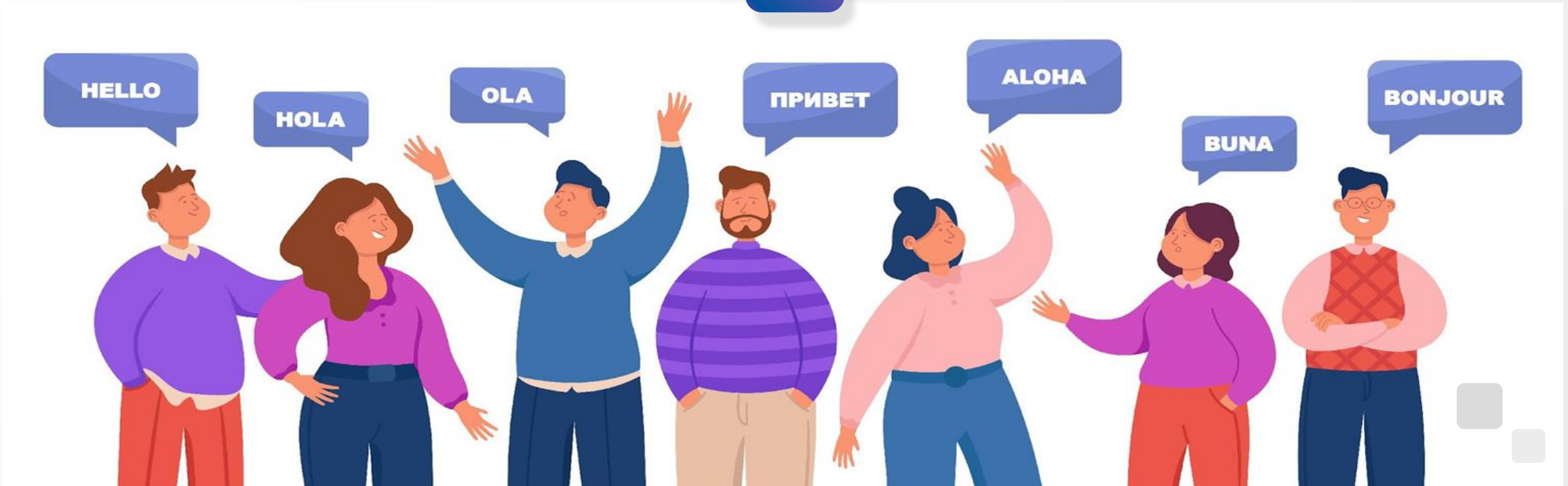-> To learn how to prevent Computer Vision Syndrome (CVS).

WELCOME

WARM UP ACTIVITY

THEORY

PRACTICE

QUESTIONS

POST-ACTIVITY

Module 5. Protecting health and wellbeing

Welcome!

Image by pch.vector on Freepik

BACK 2 BASICS

WARM UP ACTIVITY!!

Do you experience any physical (head-body-eye) stresses due to technology use? Reflect (2-3 min).

Open discussion.

Image by pch.vector on Freepik

BACK 2 BASICS

THEORY!!

Image by pixabay

BACK 2 BASICS

Physical stresses

Image source:

https://us.norton.com/blog/how-to/technology-usage-and-the-physical-effects-on-your-body#

Physical stresses

- Many people spend several hours a day in front of a computer,

- without realizing the side effects on their bodies.

- They physically stress their bodies daily by extending their wrists, slouching and straining to look at poorly placed monitors.

- These practices can lead to cumulative trauma disorders or strain injuries caused by repeated movements over a long period of time, which create a lifelong impact on health.

Arrange your workstation properly

- Use adjustable equipment.
  - The effects can be minimized by using an adjustable chair which supports good posture.
- Use foot support while sitting.
- You should neither be too close or too far away from the screen/device and peripherals e.g. keyboard, mouse etc.

VIDEO (2:14): Laptop Ergonomics - Basic Tips - Adult or Child Laptop Use at Home, Work or School

https://www.youtube.com/watch?v=ZLwIP8cBaWA&t=14s

Arrange your workstation properly (cont.)

Image source: https://www.bu.edu/ehs/ehs-topics/ergonomics-2/

Limit prolonged computer use

Whenever possible:

- Take breaks,
- Get up,
- and move!

- You can find useful videos with exercises by writing *exercises for computer users* e.g. in YouTube's command search.
- Don't forget to use *CRAAP test* to critically evaluate online content!

Image source: https://www.litozin.com/joints-and-training/tip-2-exercises-work/

Support hands and wrists with ergonomic pads

- **Ergonomic keyboard and mouse rest pads** keep wrists at a straight line instead of at an angle to the keyboard and mouse, respectively

- They support hands and wrists, reducing pain and fatigue caused by extended hours of repetitive motion and relieve or avoid carpel tunnel syndrome.

ERGONOMIC DESIGN
Cradling Wrist in a Neutral Position for Easy Typing and Pain Relief.

Image source: https://images.app.goo.gl/t3UQYDrUZ7GqLHB3A

What about prolonged use of laptops?

- Laptop computers are not ergonomically designed for prolonged use.
- The monitor and keyboard are so close each other that they cannot both be in suitable for you positions at the same time.
- The laptop can be placed on books so the top of the screen is at eye level.
- For comfortable prolonged typing, it's best to add a separate keyboard.
- Ideally, have a separate monitor.

Image source: https://www.reddit.com/r/hardware/comments/ghpgwo/laptops_are_not_ergonomically_sound/

Group activity (10')

1. In pairs, visit https://www.bu.edu/ehs/ehs-topics/ergonomics-2/

2. Recognize the various perspectives about how to position equipment for an ideal ergonomic setup.

3. Make an ergonomic evaluation of your current workstation in https://docs.google.com/document/d/1zLUhgNKs8xxU-mWhyBmoJGZqeg63QXqoe-czE7_FUAI/edit?usp=sharing

Image source: https://fitforworksg.com/the-best-position-of-your-monitors-working-from-home/
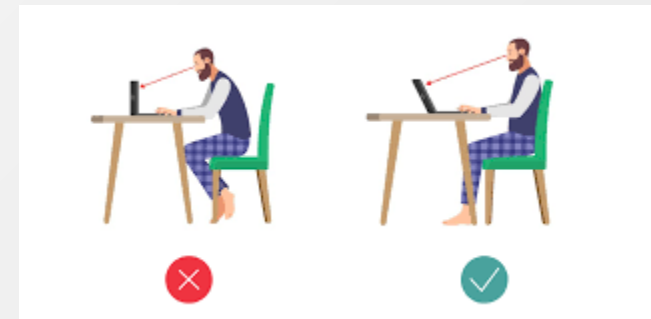
Get medical advice if needed

Visit a doctor if you experience:

- Constant pain (muscular/skeleton/head)

- Numbness

- Weakness

Image source:

https://www.flexjobs.com/blog/post/flexjobs-members-save-virtual-ergonomic-assessment/

Physical stresses - additional sources

Read further:

- Ergonomic Tips for Computer Users

https://www.ehs.pitt.edu/workplace/ergonomics/computer-users

- Computer Ergonomics: How to Protect Yourself from Strain and Pain

https://uhs.umich.edu/computerergonomics

- Arrange Your Workstation

https://uhs.umich.edu/files/uhs/ergo.pdf

Search further by writing in Google's command search:
- *ergonomic guidelines for computer users*
- *computer workstation ergonomics*

Computer vision syndrome (CVS)

- The American Optometric Association (AOA) defines CVS as a group of eye and vision-related problems resulting from excessive and prolonged electronics use.

- According to AOA, optometrists report 10.000.000 eye examinations per year for visual problems related to computer use.

- When staring at digital screens, our eyes' blinking rate reduces significantly, resulting in eye dryness and discomfort

- CVS has been named arguably **the most significant modern occupational hazard**.

CVS symptoms

Include:
- dry eyes,
- tired, itchy, or burning eyes,
- blurred vision,
- eye pain,
- difficulty while focusing,
- increased sensitivity to light,
- headaches,
- neck pain,
- shoulder pain.

Eye Fatigue	Itchy Eyes	Dryness
Blurred Vision	Double Vision	Headaches
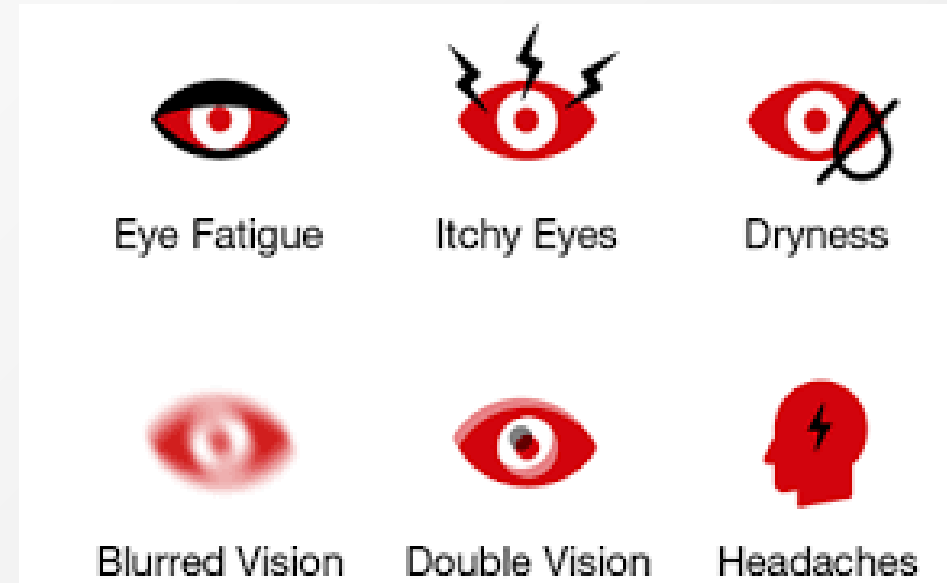
These symptoms are often transient and resolve with stopping computer use and rest.

Image source: https://iristech.co/cvs/

How to prevent Computer Vision Syndrome
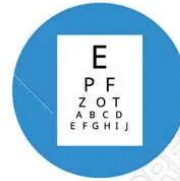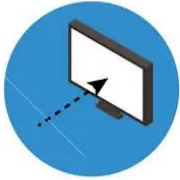
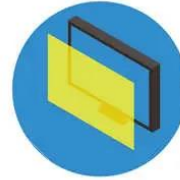20-20-20 Rules · Larger Text Size · Artificial Tears · More Frequent Blinking · Eye Checking · Healthy Food · Maintaining Distance · Eye Exercising · Proper Light Level · Blue Light Filter

20-20-20 RULE — Every 20 minutes · Take a 20 second break · Look at something 20 ft away

https://www.123rf.com/photo_183205056_how-to-prevent-computer-vision-syndrome-for-eye-care-icon.html?vti=mkx241qeu7qdej4ysb-1-1

PRACTICE!!

Image by pixabay https://pixabay.com/illustrations/background-7371258/

Image by pixabay

Individual Activity (10')
How can we manage CVS?

1. Visit

https://eyewiki.aao.org/Computer_Vision_Syndrome_(Digital_Eye_Strain)

1. Have a look at Management Section
2. Reflect shortly on what you have read

Takeaway

- Devote some time to give your work or personal space an ergonomic makeover.

Image source: https://shop.hofindia.com/blog/give-your-workplace-an-ergonomic-makeover-with-these-5-tips/

THANKS!

Any questions?