Looking after Your Wellbeing Online

Theoretically, digital technology and the online world should improve and simplify our lives – and, a lot of the time, they *do*. All too often, however, something we see or someone's behaviour on the internet can cause distress or worry; especially for younger people, who may not yet have quite developed the resilience or emotional maturity to deal with such setbacks.

Indeed, some aspects of daily digital life can have a profoundly negative impact on how young people feel about themselves, their friendships and relationships, and the world in general. To coincide with Mental Health Awareness Week in the UK, today's #WakeUpWednesday poster is a collection of quick but effective tips to help children prioritise their own wellbeing online.

From exacerbating FOMO (fear of missing out) through inviting unflattering comparisons with other people's carefully curated social media feeds to increasing screen time at the cost of invaluable sleep or exercise, many aspects of young people's online lives and activities can potentially damage their emotional and mental wellbeing.

Even regular reminders of basic guidelines – like taking regular breaks, checking their privacy settings and being careful about what they share – can help young internet users to avoid common online hazards that could lead to them feeling unhappy. Ideal as a display poster, this week's #WakeUpWednesday guide has some tips for supporting wellbeing in the digital world.

Please click here to download the guide.