

USING INTERNET TO IMPROVE YOUR WELLBEING



Boosting your mental health



Use video-calling services

to keep in touch with your loved ones at a long distance

BUT make sure to use software with end-to-end encryption

Keep an online mood diary

enriched with multimedia memorabilia

BUT use strong passwords to not let anyone reach its contents

Take part in online forums

to find people with shared interests

BUT don't make your personal information public to be safe

Join mental health support groups

to connect with experts

BUT request from attendants to not record your session

Use mindfulness apps

to learn to focus in the moment

BUT check your subscription plan so that you don't make inadvertent payments

Utilize an app

to manage your screen time

BUT check its reviews to ensure that it is not gaining the control of your device

Getting into better health



Wear a smart watch

to track your health

BUT be careful about who you share your data with

Follow exercise apps

to get motivated and learn new exercises

BUT don't let them share your location data with third parties

Use a sleep tracking app

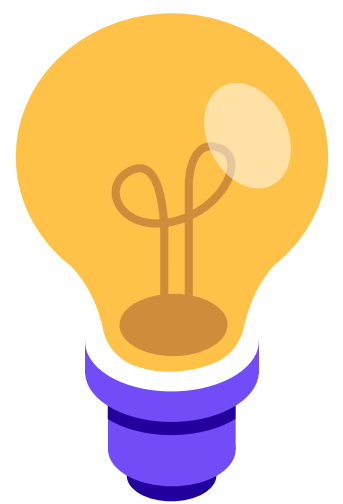
to improve the quality of your sleep

BUT limit the information the app gathers on you with data controls

Track your nutrition intake

with a diet app

BUT be vigilant about the effect of the ads the app shows to you



Internet is a tool; it is how you use it that determines how it will affect your wellbeing.