

Planting Care-Centred Practices to Grow Digital Well-Being & Community

2. Personalize Your Default Settings

A. Reduce Physical Impacts on Your Body	B. Stay Organized with Your Digital Spaces	C. Spot the Manipulative Design Tricks
<p>I. Adjust Blue Light Screen Settings to Help with Headaches or Eye Strain</p> <ul style="list-style-type: none"> For Google, click here For Apple, click here For Samsung, click here 	<p>I. Edit Your Notification & Permission Settings When You Install a New App</p> <ul style="list-style-type: none"> Review notification settings Review permission settings, e.g., camera, microphone, location, etc. 	<p>I. Be Aware of Subtle Prompts & Manipulations Online</p> <ul style="list-style-type: none"> Be aware of subtle prompts & manipulations, such as fake headlines, hidden subscriptions, trick wording For example, visit here
<p>II. Obtain Ergonomic Supports (if possible) & Be Mindful of Your Posture</p> <ul style="list-style-type: none"> Try blue light-blocking glasses Be mindful of your posture when using your devices 	<p>II. Manage Filters & Lists in Your Inbox</p> <ul style="list-style-type: none"> Separate the less relevant communications from those that are urgent Use pin, flag, folders, & categories features on Outlook Use star, important, & label features on Gmail 	<p>II. Understand Media Systems & Power Dynamics</p> <ul style="list-style-type: none"> Online algorithms are designed to provide you with personalized search results & ads based on your own online activity, so they can alter what you see & persuade you to buy things you may not need
<p>III. Take Frequent Breaks from Technology Use</p> <ul style="list-style-type: none"> Even looking up from your screen & going outside at regular intervals can help 	<p>III. Organize Relevant Websites by Using Bookmarks</p> <ul style="list-style-type: none"> For Google Chrome, click here 	<ul style="list-style-type: none"> Open areas of discussion about the problems/challenges of digital usage