



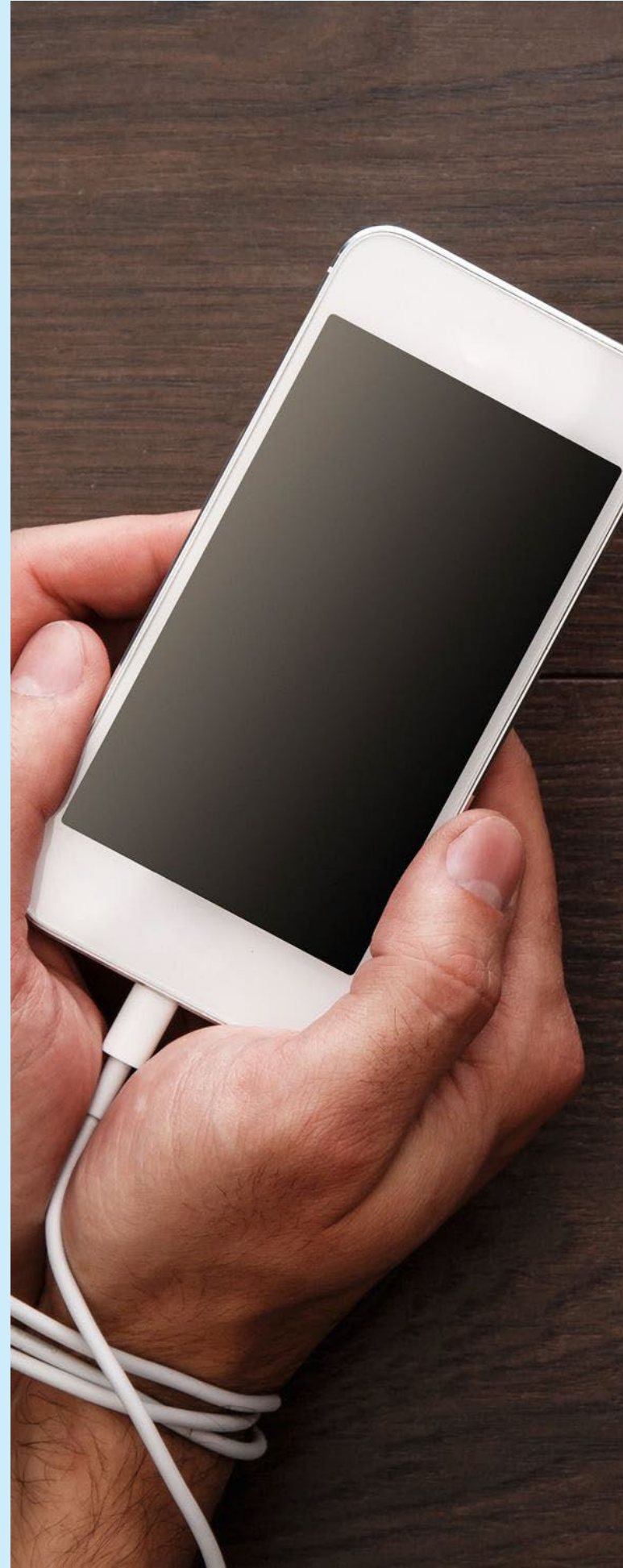
DIGITAL BOUNDARIES

THRIVING IN A
HYPERCONNECTED WORLD

Presented by Jay Unwin
Training & Development Director
Mental Health in Business



Session Objectives



By the end of this webinar, participants should be able to:

- Understand the effects of digital overload on mental wellbeing.
- Use practical techniques for setting digital boundaries.
- Choose tools and apps that support digital wellbeing.
- Develop a personalised digital detox plan.



**What's one thing you
find hardest about
switching off digitally?**

**The trap you fall into
most often?**

Continuous partial attention

Phone visibility

Frequency of checking

Blue light & sleep disruption

Work-life boundary erosion





When you feel digitally overloaded, what ONE sign that shows up in your mood, focus or body?



**Micro
Boundaries**

**Environmental
Boundaries**

**Workday
Boundaries**

**Social
Boundaries**



Which boundary would benefit you the most if you put it in place, even if it feels a bit uncomfortable?



Forest



Freedom



Flora



StayFocusd





Headspace



Insight Timer



Calm



Breathwrk



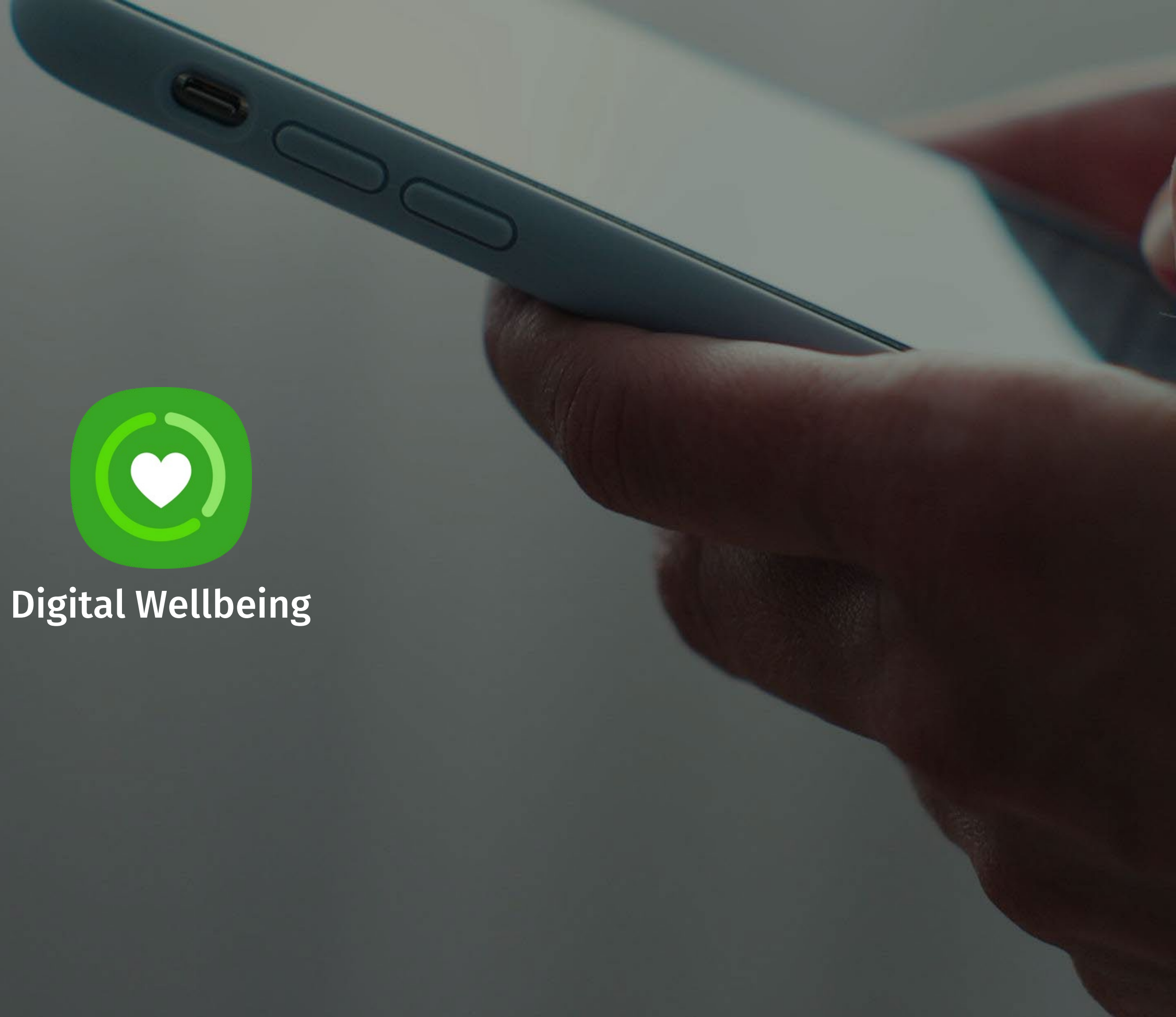
Screen Time



Focus Mode



Digital Wellbeing





Share one tool, app, or phone setting that has genuinely helped you stay more grounded or more focused.

1

Identify your
'digital drainers'

2

ChooSE your
'non-negotiables'

3

Replace →
don't remove

4

Communicate
your boundaries



Commitment to action:

What is ONE digital boundary you will commit to trying over the next 7 days?



Any Questions?

Please feel free, this is a safe space 😊



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