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Certificate in Digital Addiction Recovery and Wellness

# Technology Boundaries and Digital Wellness

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## Technology Boundaries and Digital Wellness Key Terms and Vocabulary

**Asynchronous Communication:** Asynchronous communication refers to communication that does not require immediate responses. Examples include email, text messaging, and social media posts. This form of communication allows individuals to respond at their convenience, which can be beneficial for setting boundaries and managing digital wellness.

**Bandwidth:** Bandwidth refers to the maximum rate at which data can be transferred over a network. It is an important consideration when using technology, as limited bandwidth can result in slow internet speeds and decreased performance of digital devices.

**Screen Time:** Screen time refers to the amount of time spent using digital devices with screens, such as smartphones, tablets, computers, and televisions. Excessive screen time has been linked to various negative health effects, including eye strain, poor sleep quality, and decreased physical activity.

**Notification Fatigue:** Notification fatigue is the feeling of being overwhelmed by the constant stream of notifications from digital devices. This can lead to increased stress, reduced productivity, and difficulty focusing on tasks. Setting boundaries around notifications can help alleviate notification fatigue and improve digital wellness.

**Phubbing:** Phubbing refers to the act of snubbing someone in favor of a digital device, such as a smartphone. This behavior can negatively impact relationships and lead to feelings of isolation and disconnection. Practicing mindful device use and setting boundaries around technology can help prevent phubbing.

**Digital Detox:** A digital detox involves taking a break from technology to reduce screen time, improve mental health, and reconnect with the physical world. This can include activities such as turning off devices, engaging in outdoor activities, and spending time with loved ones without distractions. Digital detoxes are a valuable tool for promoting digital wellness and setting boundaries around technology use.

**Geofencing:** Geofencing is a technology that uses GPS or RFID to create virtual boundaries around a physical location. This can be used to trigger notifications or actions when a device enters or exits the designated area. Geofencing can be a helpful tool for setting boundaries around technology use, such as limiting access to certain apps or websites in specific locations.

**Information Overload:** Information overload refers to the feeling of being overwhelmed by the sheer volume of information available through technology. This can lead to difficulty focusing, increased stress, and decreased productivity. Setting boundaries around information consumption and practicing digital detoxes can help mitigate information overload and promote digital wellness.

**Device-Free Zones:** Device-free zones are physical spaces where the use of digital devices is prohibited. Examples include bedrooms, dining areas, and family gatherings. Creating device-free zones can help individuals set boundaries around technology use, promote face-to-face interactions, and improve overall digital wellness.

**Multi-Tasking:** Multi-tasking is the practice of performing multiple tasks simultaneously. While it may seem efficient, multi-tasking can actually decrease productivity and lead to cognitive overload. Setting boundaries around multi-tasking and focusing on one task at a time can improve concentration, reduce stress, and enhance digital wellness.

**Parental Controls:** Parental controls are tools that allow parents to monitor and control their children's use of digital devices. These tools can limit screen time, block inappropriate content, and track online activity. Setting boundaries with parental controls can help parents promote healthy technology use among their children and foster digital wellness.

**Gamification:** Gamification is the use of game design elements in non-game contexts to engage users and motivate behavior. This can include rewards, points, and challenges to make tasks more enjoyable and interactive. While gamification can be a powerful tool for increasing engagement, setting boundaries around its use is important to prevent addiction and promote digital wellness.

**Self-Care Apps:** Self-care apps are digital tools designed to promote mental health and well-being. These apps can include meditation guides, relaxation exercises, and mood tracking features. While self-care apps can be beneficial for managing stress and improving mental health, setting boundaries around their use is important to prevent overreliance on technology for self-care.

**Privacy Settings:** Privacy settings are controls that allow users to manage the information shared on digital platforms. This can include restricting access to personal data, controlling who can see posts, and managing advertising preferences. Setting boundaries with privacy settings is crucial for protecting personal information and maintaining digital wellness in an increasingly connected world.