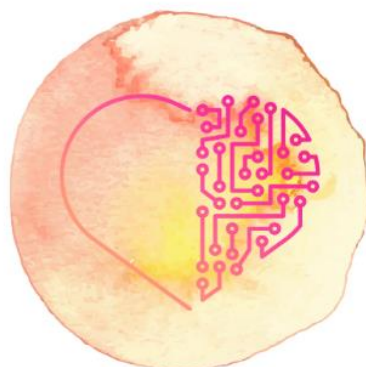




Digital Self-Care

Welcome to an hour of digital self-care! This is a space for getting connected with our digital behaviour and contain our data tracks. These are self-care practices we often do not set time aside to get done alone, so this is a possibility to do it together!

This pamphlet covers what we will be going through during this hour and provide some suggestions for digital self-care activities beyond what we' ll be able to get around. Enjoy the detox!



1. *Reflect on your digital self*

Our first activity is to make ourselves comfortable and think about our digital selves. Turn a couple of pages, and you'll find space to write down your reflections. Find a way to connect to yourself and consider:

- *How is your digital self doing? Now, today, currently...*
- *What are your digital habits, and have they changed over time (e.g. during lockdown)?*



2. *Numbing and default digital behaviour*

It can be important to know how your phone and the applications as well as websites you use are designed to keep you interacting and paying attention to them. Being aware of how these designs intend to entice you, can assist your choice making in balancing your attention between your digital and analogue surroundings.

For this next activity, you should read through the sites below. Take breaks to reflect and journal over how it relates to your digital behavior.

- <https://datadetoxkit.org/en/wellbeing/multisocialising/>
- <https://datadetoxkit.org/en/wellbeing/darkpatterns/>



3. *Take back your privacy*

In this activity, we will think about and actively attempt to minimizing the influence of Google and other big tech companies in our online lives. By using privacy-oriented alternatives when it comes to your internet browser, default search engine, email client, online navigation applications, and by installing privacy-oriented add-ons, you are better equipped in protecting your privacy and decreasing the data shared with third parties.

The following sites present you with such alternatives. Look them through and install the alternatives that you would like to use.

- <https://datadetoxkit.org/en/alternative-app-centre/>
- <https://datadetoxkit.org/en/privacy/browser/>
- <https://datadetoxkit.org/en/privacy/degooglise/>

4. *Control your smartphone*

Your smartphone is supposed to be *yours*, meaning that you should have control over it rather than the other way around. We have already spent time thinking about how the design of our phones can affect us, but now we will turn to ensure that as few data as possible are unnecessarily collected and shared about us. We will also think about how to minimize the potential consequences of losing our smartphone by decreasing sensitive content on them and increasing security.

Look at the sites below to help you think through and carry out the steps you find relevant to help you take control of *your* smartphone!

- <https://datadetoxkit.org/en/privacy/smartphonedata/>
- <https://datadetoxkit.org/en/security/screenlock/>
- <https://datadetoxkit.org/en/privacy/appcleanse/>
- <https://datadetoxkit.org/en/wellbeing/smarthabits/>



5. *Secure your digital self*

Our second last activity for today, is decreasing the risks of getting successfully hacked. We do this by increasing the strength of our passwords and utilizing multi-factor authentication when possible. Simultaneously we want to reduce the sensitive content that is accessible on our online accounts such as our social media or email accounts. By reducing unnecessary content and information from our online accounts, we can reduce the ways in which unwanted actors can cross-reference our accounts for profiling purposes.

Have a look at the following sites and take the steps which makes sense for you!

- <https://datadetoxkit.org/en/security/passwords/>
- <https://datadetoxkit.org/en/security/lockdoor/>
- <https://datadetoxkit.org/en/privacy/profile/>

6. *Reflect on your digital future*

Ending today's detox, we will return to reflect on our digital habits and how we would like to engage 'digitally' in the future.

Reflect and journal on:

- *What promises to your digital and analogue self would you like to make?*
- *Which habits could make your digital self feel safer and happier?*
- *What would you like your 'digital' future to look like?*

Further activities to do at home

Thank you for today! We hope that you have enjoyed this hour and found some of these activities useful both for reflecting on *and* acting on your digital well-being!

If you would like to continue practicing some digital self-care, we suggest you have a look at the following sites describing some more time-consuming - however very relevant - activities for you to do! They cover suggestions for more thoroughly limiting the content you put/have online as well as provide advice on how to identify misinformation online!

- <https://datadetoxkit.org/en/security/virtualvaluables/>
- <https://datadetoxkit.org/en/misinformation/fakenews/>
- <https://datadetoxkit.org/en/misinformation/steerclear/>
- <https://datadetoxkit.org/en/privacy/search/>



Acknowledgement

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Reflect on your digital self

Numbing and default digital behaviour

Reflect on your digital future