

# Digital Wellbeing



## What does it mean? ● ● ●

Digital wellbeing is the ability to use technology in a way that supports productivity, balance, and overall wellbeing, while reducing stress, distraction, and burnout.

## UK Statistics ● ● ●

**4h 30m**

is the average time UK adults spend online each day outside work  
(Ofcom Online Nation 2025)

**55.5 million**

social media user identities were recorded in the UK in October 2025, equal to 79.7% of the population.

**68.1 million**

people in the UK were using the internet at the end of 2025, equal to 97.8% online penetration.

## What can digital overload feel like? ● ● ●

Digital overload happens when the volume, speed, or intensity of digital communication becomes difficult to manage. It can come from constant notifications, back-to-back virtual meetings, overflowing inboxes, multiple apps and unclear expectations around response times.

Over time, this can affect focus, energy, decision-making, and communication. People may feel like they are working harder but achieving less, or that they are always available even outside normal working hours.

## Signs of digital fatigue ● ● ●

- ❖ Difficulty concentrating, slower decision-making or “brain fog”
- ❖ Feeling overwhelmed by emails, messages, meetings or information
- ❖ Increased irritability, frustration or reduced motivation
- ❖ Eye strain, headaches, disrupted sleep or physical tension
- ❖ Constantly checking devices and finding it difficult to switch off after work
- ❖ Reduced productivity, missed details or increased communication misunderstandings



## Practical actions to try ● ● ●

|                                                                                                        |                                                                                       |                                                                                                         |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Reduce digital noise</b><br>Turn off non-essential notifications and schedule email-checking times. | <b>Take screen breaks</b><br>Step away from the screen regularly and move in the day. | <b>Agree team norms</b><br>Decide which channels to use, expected response times and meeting etiquette. |
| <b>Protect focus time</b><br>Block time for important work and avoid unnecessary multitasking.         | <b>Set boundaries</b><br>Clarify working hours, availability and end-of-day routines. | <b>Spot early signs</b><br>Notice changes in focus, motivation, energy or communication style.          |

## Useful resources ● ● ●

❖ [Mind: Looking after your mental health online](#)

❖ [Mental Health Foundation](#)

❖ [NHS Every Mind Matters](#)

❖ [Pomodoro Timer](#)