Manage Your Mental Health in the Digital Age

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Ideas for setting digital boundaries and making room for attention, rest, and emotional well-being.

Inside this guide

- Notice how devices and online demands affect daily routines.
- Create boundaries around notifications, screen time, and availability.
- Explore recovery practices that can fit into a digital life.

Who it may help

For readers reflecting on the relationship between technology use and mental well-being.

Putting the ideas to work

Use the ideas as general self-care prompts, not as diagnosis or treatment; seek professional support when needed.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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