

Well-Being Newsletter

Fourth quarter 2025

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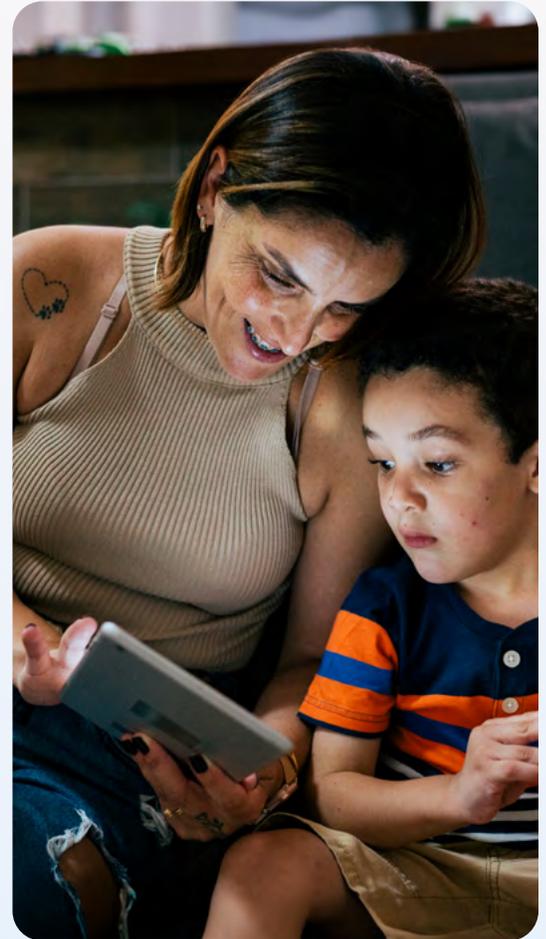


Taking back control of your digital experience

In a world more connected than ever, technology has become a powerful tool for deepening relationships, expanding knowledge, and supporting our well-being.

From mindfulness apps to video calls with loved ones, digital tools can enhance our lives in meaningful ways. Unfortunately, the inverse is also true. With constant notifications, curated social media feeds, and an overwhelming flood of wellness advice, it's easy to feel digitally drained rather than empowered.

This quarter, we're exploring how to take back control of your digital experience and shift from mindless scrolling to mindful connection.



It's not about unplugging entirely but about reconnecting with what truly matters: **balance, presence, and human connection.**

The double-edged sword of digital well-being

While access to information has never been easier, our digital world can sometimes do more harm than good.

It's hard to stay present when our devices constantly demand our attention with every all-too-familiar buzz or ding. Our fingers get quite the workout swiping away all those notifications throughout the day.

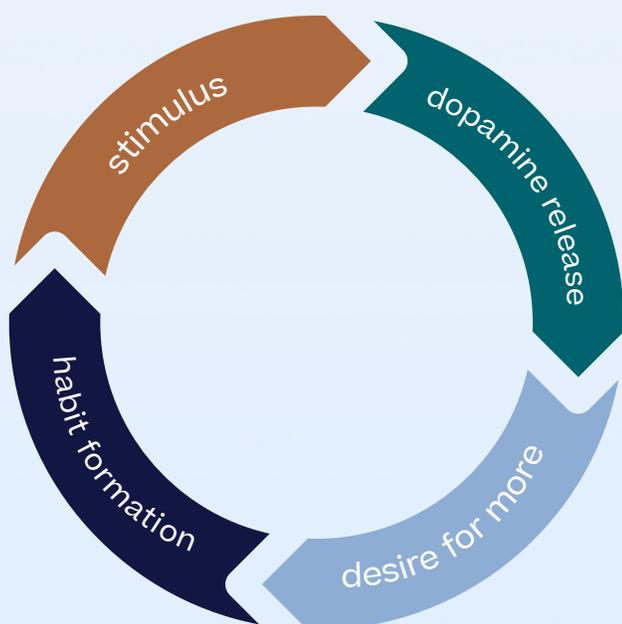
The 24/7 stream of wellness tips, self-improvement hacks, and aspirational lifestyles can leave us feeling like we're constantly falling short. Overexposure to content, even well-intentioned content, can lead to comparison, self-doubt, and unrealistic expectations. In trying to keep up with everyone else's "highlight reels," we risk disconnecting from our own needs and values.

On top of that, misinformation can cloud our judgment, causing confusion about what's truly helpful for our mental and physical health. Knowing when to pause, question, and reset our digital boundaries is not just helpful, it's essential for sustaining true well-being.



The power of a notification cleanse

How often have you been mid-conversation only to be distracted by a sudden ping from your phone? Or focused on an important project when a co-worker's message pops up? Our brains are hardwired to respond to these stimuli, which is why the ping can feel so hard to ignore. Each alert releases a small amount of **dopamine**, the "feel good" neurotransmitter. In turn, this creates a cycle in which you start to crave the next buzz. The constant anticipation fragments attention, increases stress levels, and makes it harder to stay engaged with tasks. Late-night notifications can also disrupt the body's natural sleep rhythm, leaving the brain in a state of alertness when it should be winding down.





A **“notification cleanse”** can help break this cycle by establishing intentional boundaries around when and how you receive alerts. Instead of letting your device dictate your attention, tailor your settings to:



Mute non-urgent notifications



Disable visual pop-ups



Limit app alerts to only the essentials



Many people benefit from the concept of **batch-checking**, which is choosing set times in the day to review texts, emails, and updates.

This approach minimizes interruptions, restoring mental clarity and reducing the sense of urgency that can keep the brain in a **low-level fight-or-flight state**.

The goal is to design your digital environment in a way that supports focus and peace of mind. By thoughtfully managing your notifications, you reclaim your mental space, improve sleep quality, and cultivate a healthier, more balanced relationship with your devices. Over time, this mindful approach transforms technology from a source of constant distraction into a tool that works in harmony with your health and well-being.

Why too much is too much

Well-being overload and comparison fatigue: The constant stream of wellness advice, perfectly curated lives, and social media influencers can leave viewers feeling that they must do *everything* – an impossible bar to meet.

Tips & strategies:

Build tech boundaries and reclaim your time



Take a phone-free break. Even a single day offline can help reset your mind and reduce the stress of constant digital bombardment. Research suggests that digital detox practices can improve focus, mood, and overall well-being (van Velthoven et al., 2018). If a full day feels overwhelming, begin with a shorter window, such as taking 30 minutes at a time that works best for you, and gradually extend the duration each week.

For example, you might create **“Do Not Disturb”** windows during work or before bed, move social media off your home screen, and enable priority settings so only important contacts can reach you in real time.



Use “airplane-mode micro-breaks”:

Switching your phone to airplane mode during meals, walks, or work blocks helps reduce stress and promote mindful presence.



Keeping up with the Joneses:

Social media modernizes this age-old pressure, turning neighborly rivalry into envy of unattainable lifestyles of exotic vacations, perfect bodies, and ideal routines. It’s no surprise that such comparisons are widely linked to poorer mental health.





Set structured tech-free times: Establish device-free moments such as banning screens during meals or an hour before bed. Reduce temptation by blocking notifications, removing apps, or setting your screen to grayscale (Sleep Foundation, 2023).



Fact-check health and medical claims from influencers: Not all online advice is accurate or safe. Before following any health recommendation:

- **Look for credible sources** ([CDC](#), [WHO](#), [NIH](#), peer-reviewed journals)
- **Cross-check the information using fact-checking websites**, such as [Healthline's](#) Medical Affairs review process, in which licensed medical experts check every article to ensure it's accurate, safe, and based on the latest science.
- **Check the influencer's qualifications.** Are they a licensed health care professional who is not being sponsored by a company or product?
- **Be cautious** of advice that seems extreme, promises quick fixes, or promotes products without evidence (U.S. Food and Drug Administration, 2023). For example, be wary of posts claiming that a single supplement can “cure” multiple health conditions overnight, or that a detox tea will cause dramatic weight loss in just a few days.



Setting boundaries

A family guide to fostering mental, physical, emotional, and social well-being

Screens are everywhere! Phones, televisions, tablets, smartwatches, and even our household appliances are trying to send us a text. There's no denying technology brings our personal and family lives tons of convenience, but too much screen time takes away our opportunities to connect with our families, loved ones, and even with ourselves.



According to the [American Academy of Child and Adolescent Psychiatry](#), children aged 8 to 12 in the U.S. spend an average of four to six hours daily looking at screens and teens spend upwards of nine hours a day. While some screen time is inevitable, filling every spare moment with scrolling erodes real-life connections. Unchecked screen time can quietly push families into separate digital worlds even while sitting in the same room. The good news is that by reading this guide you can learn how to set simple, healthy boundaries with technology so you and your family can reconnect IRL (in real life).



Signs you or your loved one may be consuming too much screen time:

- Sleep problems
- Academic problems
- Reduced performance at work
- Spending less time with family and friends
- Mood issues
- Poor self-image
- Fear of missing out
- Feeling the need to check your phone or other devices constantly



Consider the following when creating a **digital detox** plan to help manage your family's screen time, as well as your own.



Utilize parental controls to limit screen time and prevent access to inappropriate content



Turn off all screens during family meals



Turn off screens and remove them from bedrooms 30 to 60 minutes before bedtime



Be aware of advertising and how it may influence choices, behavior, and mindset for you and your children



Explore and engage in screen-free activities such as learning to play an instrument, joining sports club, or creating art



Set a good example with your own healthy screen habits



How to create your plan once you've considered your and your family's needs:

Set specific goals. Consider utilizing [SMART goals](#) to make them specific to your needs. For example, you can decide on the goal, such as all family members will leave their devices in a drawer for the duration of mealtimes during weekdays. Choose goals that are meaningful to you and your family. Remember, it can take many weeks to break old habits and to lessen the anxiety about not having your device nearby. Remind each other to stay committed!

Talk about it. Share your detox or screen-free plan with your family, friends, and loved ones. Let them know to expect delayed responses so they can support you by reducing the frequency of their messaging during the allotted times. It may even inspire them to join, and having this support can help you stick to your goals! If anyone in your family, including you, is feeling overwhelmed by the changes, consider reaching out to a mental health provider for support through therapy or counseling.

Now **treat yourself!** Celebrate by trying something new...



Yoga pose of the quarter

Shavasana/corpse pose

Shavasana, also known as corpse pose, is a restorative yoga pose in which you lie flat on your back, arms relaxed at your sides, palms up, and legs slightly apart.

Commonly used as the final pose in a yoga sequence, it encourages deep relaxation. By focusing on your breath and letting go of all of distractions, it encourages your mind to reset and recharge, free from the constant stimulation of screens and notifications.



How to practice Shavasana:

1. Start by lying flat on your back on a yoga mat or other comfortable surface.
2. Stretch your legs out, allowing them to fall open slightly, with your feet relaxed and toes pointing outward.
3. Rest your arms at your sides, away from your body, with palms facing up.
4. Ensure your head and neck are aligned with your spine. You can place a folded blanket under your head or neck for support.
5. Close your eyes to deepen relaxation.
6. Focus on your breathing without trying to control it.
7. Relax and release the tension from each part of your body, starting from your toes and moving up to your head.
8. Stay in Shavasana for a few minutes, or as long as you feel comfortable.

Benefits of Shavasana:



Helps to calm the nervous system and reduce stress



Reduces tiredness and restores energy levels



May help lower blood pressure



Enhances body awareness and mindfulness



Releases tension and promotes emotional healing



Improves concentration, focus, and sleep quality

Dear coach



“

Question: *I struggle to check things off my to-do list. I find myself mindlessly scrolling through my phone and it's impacting my ability to be productive. **Why can it be so hard to detach?***

Endless scrolling has become an incredibly common problem in today's always-connected world. With instant access to information at our fingertips, we can quickly stay informed, entertained, and engaged. This constant connection, however, often works against us. Social media feeds are carefully designed to keep us scrolling for as long as possible, and much of the content we encounter can be negative or stress-inducing.

What is doomscrolling?

Doomscrolling refers to the habit of endlessly scrolling through news or social media, often consuming a steady stream of distressing stories or bad news. While the intent may be to stay informed, this pattern can leave us feeling overwhelmed, stressed, or emotionally drained. In an age where updates never stop, it's easy to fall into the trap of “just one more scroll.”

Why it happens:

- The brain is wired to pay attention to threats (a survival mechanism). It can feel like staying informed gives you control, even if it doesn't.
- Social media is designed to keep you engaged (infinite scroll, notifications).

Signs you're doomscrolling:

- You keep reading or watching negative news even when you want to stop
- You feel worse after using your phone
- Your scrolling is interfering with your sleep, focus, or mood

Social media algorithms

Social media algorithms are made up of code-based rules and adaptive machine learning models that determine what content appears in your feed. The goal of this technology is to keep you engaged on the platform for as long as possible. It does this by showing you content most likely to interest you, based on what you've previously engaged with. While each platform uses slightly different methods, most algorithms follow similar core principles:

Content ranking

Algorithms **score** and **rank** every post that could be shown to you based on how relevant or engaging it is to you personally. The higher the score, the more likely it is to appear at the top of your feed.

Personalization

They use your **past behavior** of likes, comments, shares, watch time, and clicks to predict what you'll engage with next. The more data they collect, the more accurately they can personalize your experience.

Engagement

Algorithms often **prioritize content** that is likely to get engagement (likes, shares, comments, time spent viewing). Some platforms emphasize **recency**, while others highlight content with high engagement regardless of when it was posted.

Tips to make your scrolling count:

- Set **time limits** on news and social media apps
- Follow accounts that **balance** news with hopeful or inspiring content
- Engage in **microlearning** by following accounts that teach you something new. Even a few minutes of learning each day can add up to valuable skills over time. For example, you might explore a new hobby like cooking, drawing, or pottery, or start learning a new language.
- Replace the habit with something **grounding** (like reading, journaling, or taking a walk)

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