

Digital Wellness for Humans

Transform your digital habits —
and reclaim more moments that
matter with your family.



Thanks for Joining Us

Some housekeeping before we get started...

Let's Make It Interactive

Our goal is to have this be an interactive session, so please submit your questions throughout the presentation via the chat box.

Recording & Resource Links

We will send an email of the recording and the presentation slides, along with links to resources discussed.

Question Didn't get Answered?

We'd love to hear from you! If we don't cover something, or if your question isn't answered, contact us at **memberinfo@vhan.com**.

Hi...I'm Chris

Your digital wellness guide...

I'm part of the last generation to remember life before smartphones...

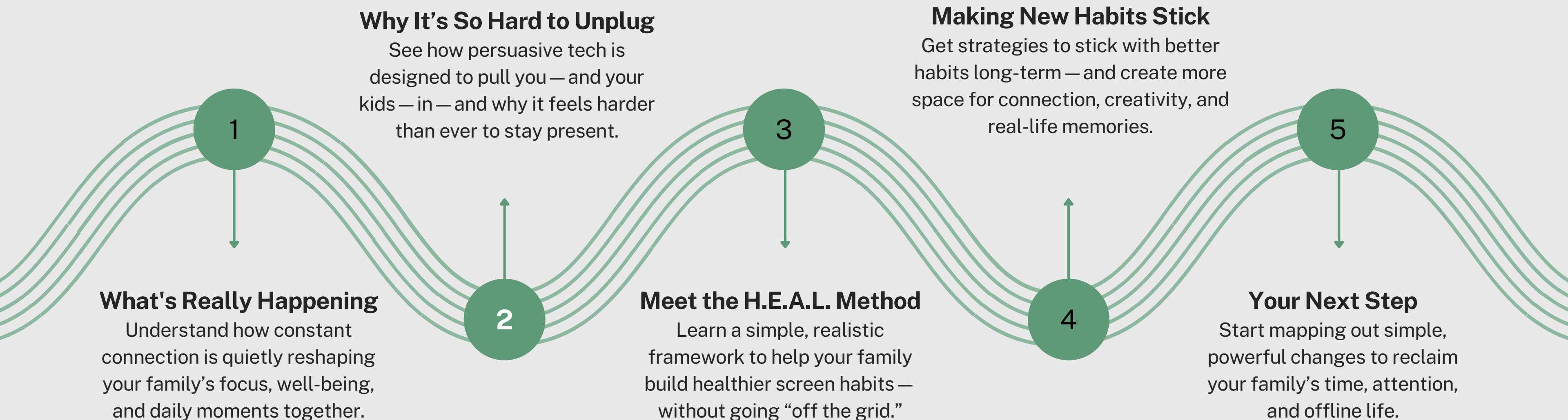
— a time of real-world connection and presence. Technology used to be a tool; now it's a lifestyle. Today, many feel digitally drained — distracted, distant, and always “on.”

As a global IT leader and father, I've lived this shift firsthand. Now, I help parents reclaim focus, reconnect with what matters, and thrive in a tech-heavy world.



Our Journey

Here's what we'll cover today...



Let's Play a Game

On average...how are Americans using their phones?

205

of Pickups

Americans check their phones approximately every 5 minutes, indicating habitual and often unconscious engagement.

146

of Notifications

The typical U.S. smartphone user receives about 146 push notifications per day, equivalent to one notification every ten minutes

Social
Media

Most Used App

Social media platforms dominate app usage, with apps like YouTube, Facebook, and Instagram leading in monthly active users.

Struggling with Digital Habits?

You're not alone....

Modern technology is designed to be hard to put down.

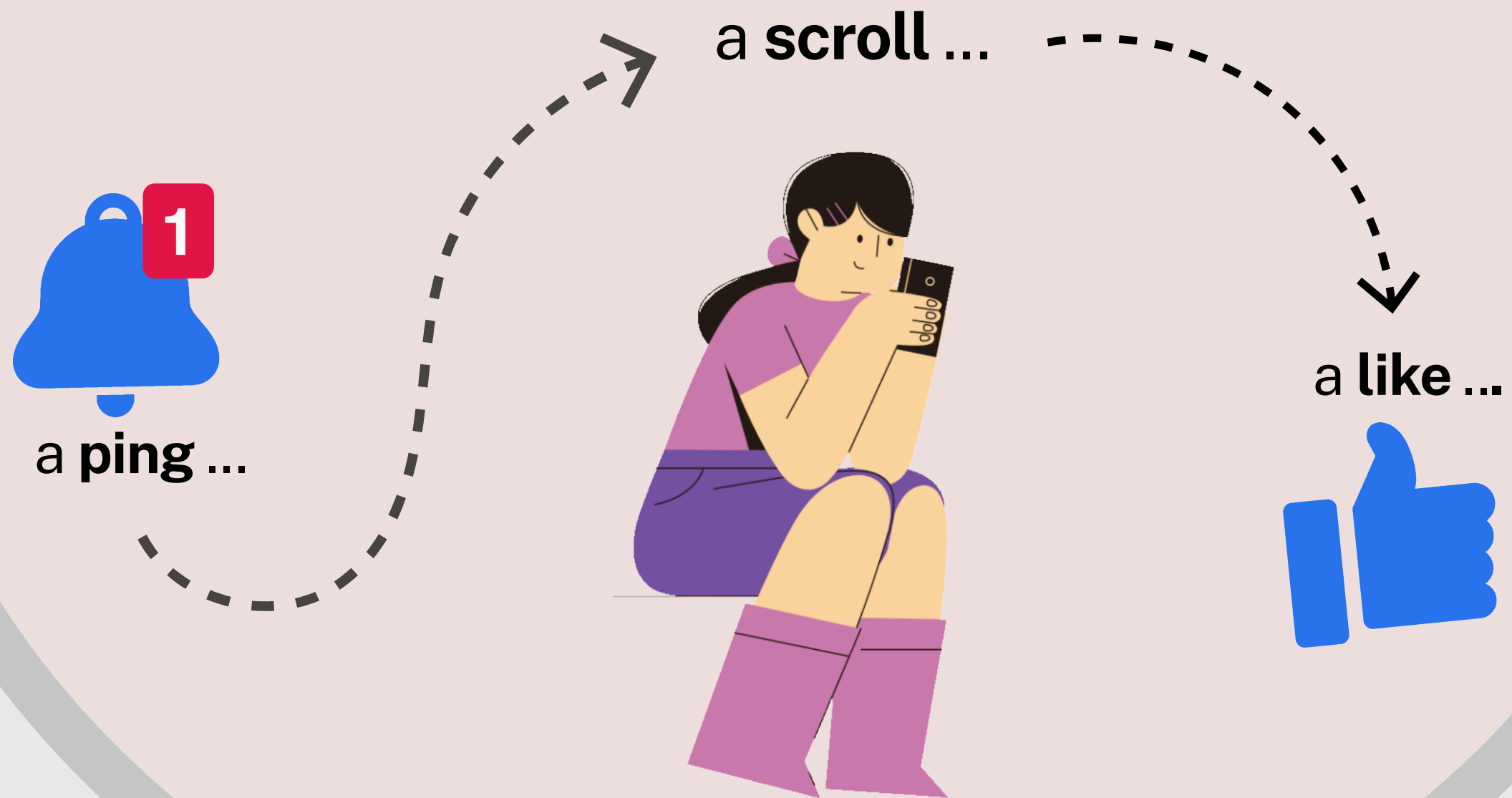
If you feel overwhelmed, distracted, or stuck in habits you didn't choose, you're not failing — you're facing systems built to capture, and hold on to, your family's attention.

Recognizing the challenge is the first step. Small, intentional changes can help you regain control and reconnect with what matters most.



The Habit Loop

Cue...Action...Reward

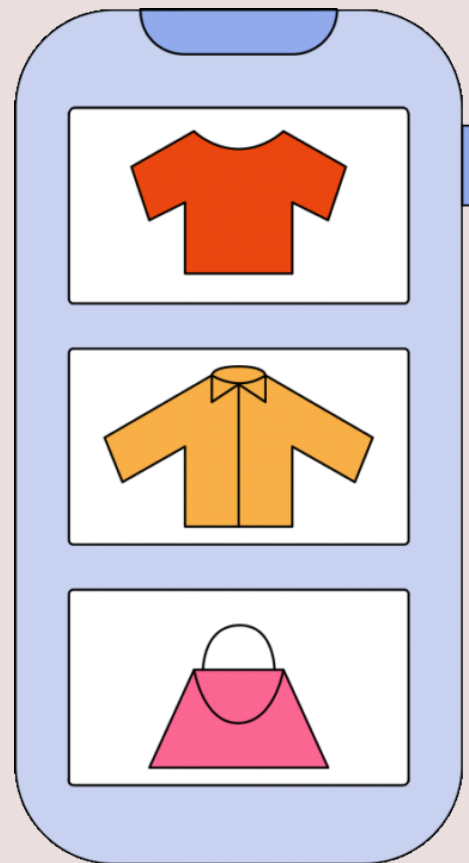


Overwhelmed & Distracted?

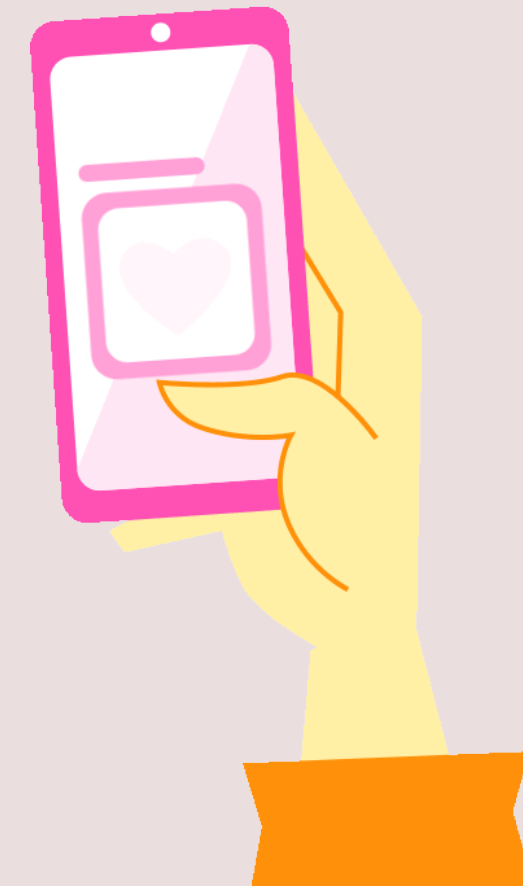
It's not you...it's the design.



Notifications



Infinite Scroll



Pull to Refresh

Becoming Aware

Understanding our triggers...

The phone isn't the problem — it's a response to discomfort.

We reach because we're stressed, bored, or overwhelmed — and a quick scroll offers easy escape. But over time, those tiny escapes add up.

Once we notice these patterns, we can start choosing something better. Tiny shifts in awareness can help us trade quick escapes for real connection — so we don't miss the moments that matter most.



What Are My Triggers?

A 3-step exercise to try later...

STEP 2

Track the Habit

Each time you reach for your phone, note:

Time of day

What you were doing right before

How you felt (bored, stressed, tired?)

Was it intentional — or automatic?

1

STEP 1

Pause Before You Pickup

When you feel the urge to check your phone — **pause and wait 20 seconds.**

Most impulses fade when given space.

3

Step 3

Review & Reflect

At the end of the day, ask yourself:

What patterns did you notice?

What triggers led to phone use?

How often were your pickups mindful vs. mindless?

2

Healthy Habits. Real Connection.

It's all about balance...

Healthy digital habits aren't about cutting technology out —

They're about using it with intention. Simple strategies like setting clear boundaries, designing your environment for focus, and building small, sustainable routines help shift tech from a distraction to a tool.

It's about creating a balanced relationship that supports your family's goals, values and the life you want to live...



Take a Guess

What % of parents ...

66

% Who Find Digital Parenting Challenging

A majority of parents believe parenting today is more challenging than in the past...citing technology as the leading factor for that decision.

75

% with Screen Guilt

Many parents experience guilt about their own screen use — especially when it interferes with being present at home.

67

% Who Are Concern with Their Child's Screen time

A growing number of parents express concern about how much time their children spend on screens — and the impact on focus, behavior, and emotional well-being.

H.E.A.L. Method

A holistic digital wellness framework...

H

Habits

Small, consistent actions shape our relationship with technology. By redesigning daily routines, we shift from mindless use to mindful engagement.

E

Environment

Our surroundings silently influence behavior. By setting up tech-friendly spaces — or tech-free zones — we make better choices easier and automatic.

A

Alternatives

Replacing screen time with real-world activities like outdoor play, creativity, or conversation fills the gaps and builds a richer, more connected life.

L

Limits

Healthy boundaries around device use protect time, energy, and focus — allowing technology to serve us, not control us.

Habits

Build Habits, Build Balance

Out of Sight, Out of Mind

Put devices away when not in use. Removing visual triggers reduces the temptation to mindlessly check them.

No Phones at the Table

Create tech-free zones. Protect moments of real connection without digital distractions.

Evening Shutdown

Power down devices before you power down yourself. A tech-free winddown routine improves sleep and restores balance.

Sun, Not Screens

Start your day with natural light and real-world presence — not notifications. It sets a calmer, more intentional tone.

Move, Don't Scroll.

Use breaks to move your body or step outside. Recharging with motion, not screens, boosts energy and focus

Environment

Designing for Wellness

Kitchen/Dining

Good: Eat meals device free.

Better: Keep phones in another room entirely during meals

Best: Remove all screens (TVs, tablets, smart devices) from dining areas permanently

Shared Spaces

Good: Keep TVs, TVs.

Better: Use a shared computer instead of apps on your phone.

Best: Central charging station in a shared space

Bedroom

Good: Use an alarm clock instead of your phone for waking up

Better: Charge devices outside the bedroom overnight

Best: Remove all screens (phones, TVs, tablets) permanently from the bedroom

Alternatives

Replace old habits with healthy alternatives

Move Your Body

Movement is Medicine

- Walk around the block
- Stretch or do light yoga
- Dance to your favorite song



ASK YOURSELF

What's my favorite type of movement?

Engage Your Mind

Unplugged Activities

- Read a book or magazine
- Work on a puzzle
- Journal, doodle, or sketch



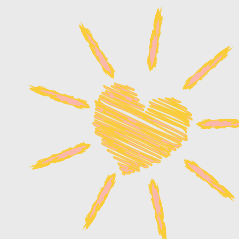
ASK YOURSELF

What's my favorite offline activity?

Create Connection

Human First, Screens Second

- Call or meet a friend in person
- Play a board game with family
- Share a meal without screens



ASK YOURSELF

What's my favorite type of connection?

Limits

Technology Boundaries

Notifications

Tame the pings before they steal attention

- Scheduled Summaries
- Silence by Default
- Focus Mode

Scheduled
Summary



Apps

Shape the environment,
Shrink temptation

- Minimize,
- Consolidate,
- Delete



Screentime

Build healthy defaults
into the OS

- Time Limits
- Use Downtime/DND
- Track your Habits

DO NOT
DISTURB

Making Healthy Habits Last

Willpower fades...structure sticks.

Real change happens through simple tools: clear boundaries, daily support, and tiny habits that build momentum over time.

Small steps turn into strong habits.

Strong habits turn into a life where technology supports your family's connection — instead of stealing it — so you can build a lifestyle that protects what matters most.



Tools for Success

Making Digital Habits Stick...

Habit Stacking

Linking a new habit to an existing one makes it automatic. Your brain already expects the first action — now it triggers the second, too.

1. Identify Anchor Habit
2. Stack Digital Habit
3. Start Tiny

Time Blocking

When you assign tech use to a specific time, you stay intentional — and resist endless, mindless scrolling that "eats" your day.

1. Schedule Tech Time
2. Protect Offline Time
3. Use Visual Cues

Accountability Partner

When someone else knows your goals, you're far more likely to stay consistent. Shared progress creates motivation — and a little healthy pressure.

1. Pick a partner:
2. Set clear targets:
3. Check in weekly

Small Shifts. Big Moments.

A recap of our journey...

You don't have to quit your phone...
You don't have to go off the grid...

You just have to start — one small choice at a time.
Every time you pause before picking up your device,
Every time you choose presence over scrolling,

You're reclaiming your attention, your memories, and your
moments with the people who matter most. Small shifts
today build the life you truly want tomorrow.

- 1 **Pause** with Purpose
- 2 **Apply** the H.E.A.L. Method
- 3 **Pick** One Change Today
- 4 **Build** for Sustainability

TURN DIGITAL DISTRACTION INTO **REAL-LIFE CONNECTION**



THE **CONNECTED** PARENT *newsletter*



Thank you very much!



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[chrissciullo](https://www.instagram.com/chrissciullo)