

# Mindful Consumption of Digital Media

## Be Realistic

***Set limits that work for your life.***

If you use technology for work or school you may already consume more than is 'ideal'. You may want to add limits--but also, allow yourself some personal time online.

## Be Productive

***Don't only be a consumer.***

Find something to make or contribute to online- beautiful pictures, your writing, a video of something you know how to do. Contribute something to the vast expanse of knowledge on the Internet.

## Make your time online count

***Find valuable ideas from trustworthy sources.***

Reading articles that give you new perspectives, watching a video that teaches you a new thing, connecting with someone who understands you--these are all ways to make experiences online more than mindless scrolling.

## Re-evaluate often

***Make your media work for you.***

Take time once in a while to evaluate the ways you are using technology. Eliminate what is no longer useful to you--delete apps, unsubscribe from emails, edit your followers. Add anything you feel might be useful.

## Decide how public you want to be

***Just how social do you want to be?***

Privacy online can be tricky. Do you want to have a close group of friends to share your personal life with? A following to help launch your latest idea or product? Be intentional with your privacy settings.

## Practice non-judgment

***Mind your own technology.***

People use technology in many ways, and some ways may seem excessive or unhealthy. Maybe they are--but practice non-judgment the next time a businessperson is talking loudly on her phone, or when parents quiet a fussy toddler with a tablet. They are on their journeys, and you are on yours--focus on that one.