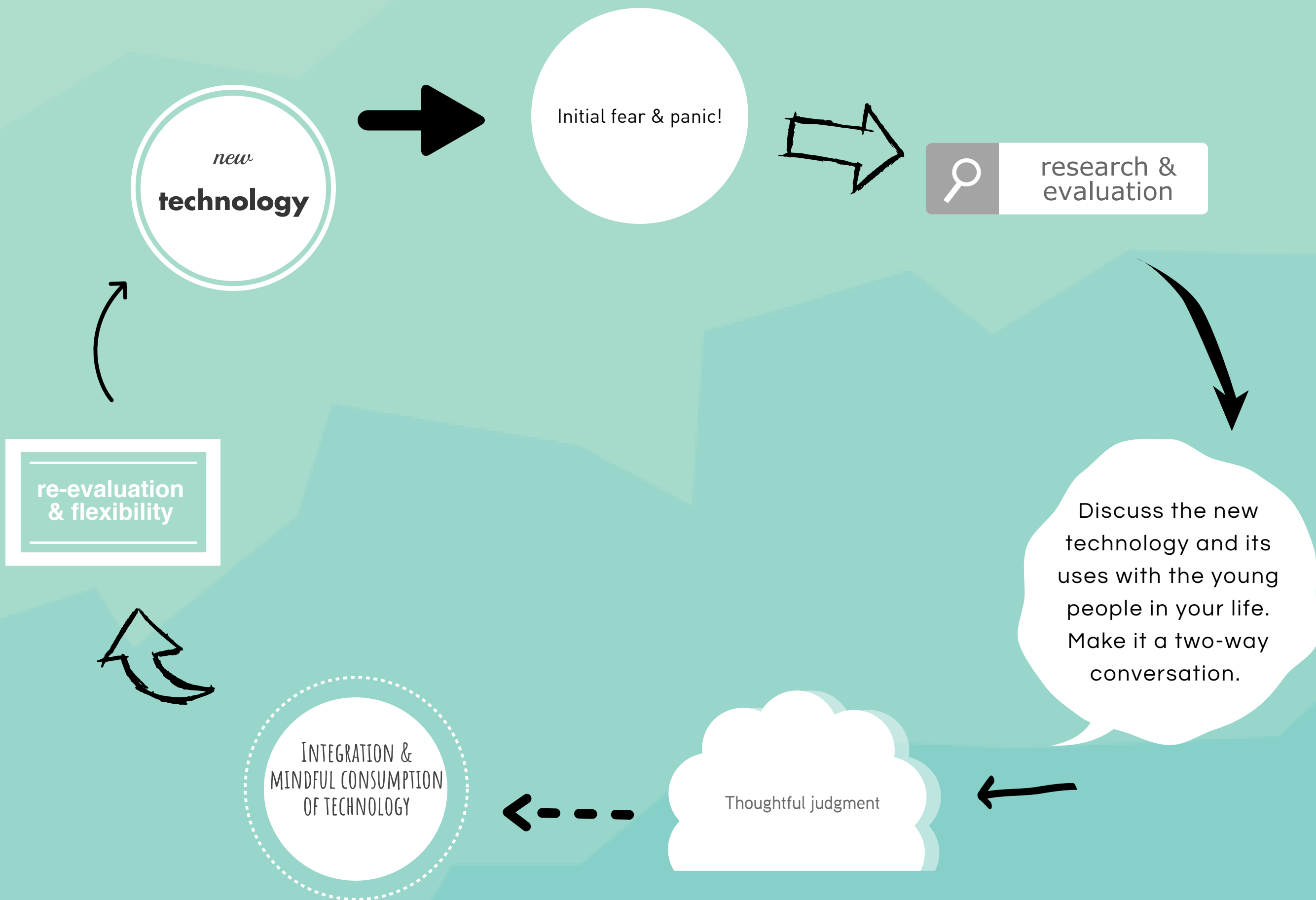


the mindful  
cycle  
of  
digital lives



**01** Initial fear & panic  
Recognize that hesitation, distrust, and fear responses are normal when we're presented with a new type of technology. We're humans: change makes us uncomfortable.

**02** Research & evaluation  
Research means doing more than reading an article on social media or hearing from a friend. Conduct your own investigation. Consider trying the new technology for yourself.

**03** Discussion  
Too often, discussions become lectures to young people. Focus on listening to them. Hear how they want to use technology, what value it holds for them, and consider their opinions.

**04** Thoughtful judgment  
Not all new technology is inherently bad, but it is not necessarily good, either--or a good fit for you and your family. Collect your research coupled with discussion, and decide if it fits in with your ideal lifestyle.

**05** Integration & mindful consumption  
If the technology meets your criteria for being a part of your life, discuss and decide how it can be used effectively and mindfully.

**06** Re-evaluation & flexibility  
Too often, we end up sticking to rules that we have set, even when they are no longer working for us. Allow yourself space for change in guidelines as ages, uses and needs also change.