Healthy Digital Habits

B	I	N	G	O
Drink plenty of water	Define your home workspace	Chair yoga	Get outside	Power object at your desk
Use the auto-responder	Have a healthy snack	Sit well	Turn off notifications	Cover/hide your video image
Look out the window	Use a pen	Unfollow people who make you feel badly	Leave your phone at home	Think twice before you share
Learn about deceptive design	Put down the screen an hour before bed	Define your mental workspace	Take time to learn a new technology	Get physical
Keep arm's length from your screen	Change your passwords regularly	Breathe	Monitor your screen time	Guard your focused time

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