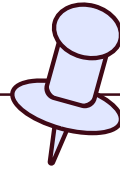


MODULE 13 - DIGITAL TECHNOLOGY & HEALTH

IT'S TIME TO PRACTICE!



1 CREATE YOUR OWN MANAGEMENT PLAN



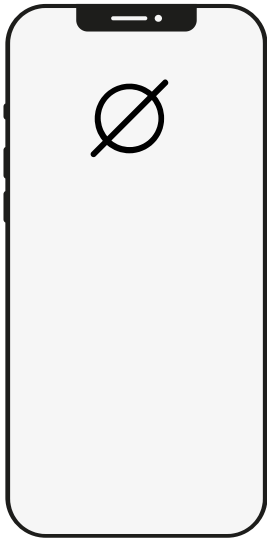
UP TO YOU !

Make your own notification management plan!

This notification management plan will help you assess your current notifications, and improve your mental well-being by tailoring the notifications you receive to your needs.

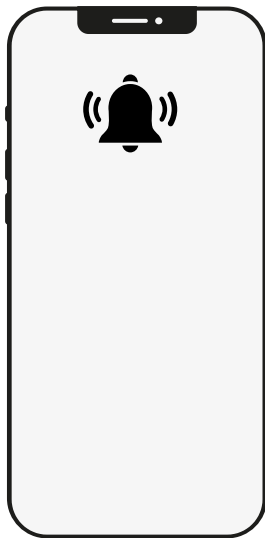
Different notification levels are applied to different types of applications and tools. For each solicitation channel, evaluate the importance of notifications according to five criteria to determine the appropriate notification level.

2 NOTIFICATION LEVELS



NOTHING

No notification



SOUND

Sound
notification



BANNER

Visual notification
at the top of the
screen (on locked
screen)



PELLET

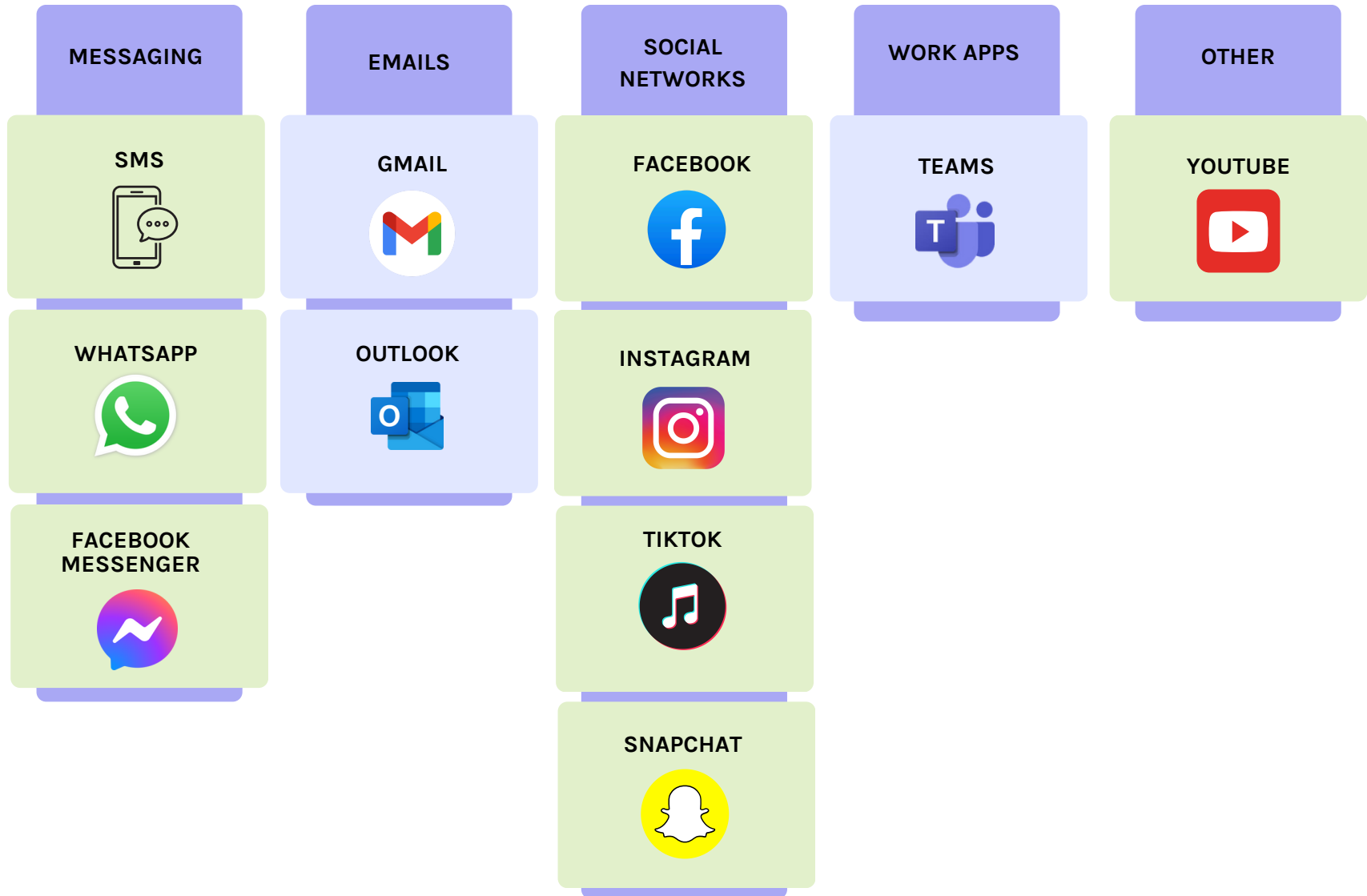
Small indicator on
the app icon (small
number on the top of
the app)



VIBRATION

Notification by
vibration

3 TYPES OF APPS AND TOOLS



4 NOTIFICATION MANAGEMENT PLAN

HOW TO CHOOSE THE NOTIFICATION LEVEL?

EMERGENCIES



- Yes: Keep a more present notification level (Sound or Banner, vibration).
- No: Keep a more discreet notification level (Pellet, or even no notification).

FREQUENCY



- High: Consider less intrusive notification levels (Pellet, no notification).
- Low: Higher notification levels acceptable (Sound, Banner).

IMPACT



- Yes: Keep a more present notification level (Sound or Banner).
- No: Keep a more discreet notification level (Pellet, Vibration or even no notification).

RELEVANCE



- Yes: Keep an intermediate notification level (Banner, Vibration).
- No: Keep notification level low (Pellet or no notification)

STRESS

- Yes: Reduce notification level to decrease stress level (Pellet, Vibration or no notification).
- No: Maintain a functional notification level and reassess regularly to reduce the notification level as soon as possible (Sound, Banner).




5 EVALUATION CRITERIA

MESSAGING APPS

TOOLS	EMERGENCY	FREQUENCY	IMPACT	RELEVANCE	STRESS	RECOMMENDED LEVEL
SMS 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
WHATSAPP 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
FACEBOOK MESSENGER 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification

5 EVALUATION CRITERIA

WORK APPS

TOOLS	EMERGENCY	FREQUENCY	IMPACT	RELEVANCE	STRESS	RECOMMENDED LEVEL
MICROSOFT TEAMS 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
GMAIL OUTLOOK 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification

5 EVALUATION CRITERIA

SOCIAL NETWORKS

TOOLS	EMERGENCY	FREQUENCY	IMPACT	RELEVANCE	STRESS	RECOMMENDED LEVEL
FACEBOOK 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
INSTAGRAM 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
TIKTOK 	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification

5 EVALUATION CRITERIA

OTHER APPS

It's up to you to fill !

TOOLS	EMERGENCY	FREQUENCY	IMPACT	RELEVANCE	STRESS	RECOMMENDED LEVEL
-----	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
-----	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification
-----	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> sound <input type="checkbox"/> banner <input type="checkbox"/> pellet <input type="checkbox"/> vibration <input type="checkbox"/> no notification