

# DIGITAL WELLNESS

## What is digital wellness?

There are many definitions and descriptions of digital wellness. Nelson Mandela University subscribes to the following description:

Digital wellness is linked to how individuals “navigate modern digital technologies to abide by rules and norms, cultivate and manage a healthy digital identity, secure their data, and maintain a healthy balance of online and offline activities” (p.9-10)

UNESCO IITE & SOU. 2023. *Global Practices Evaluation & Assessment Toolkit. Advancing Artificial Intelligence-Supported Global Digital Citizenship Education.*

<https://iite.unesco.org/wp-content/uploads/2023/03/UNESCO-IITE-SOU.-2023.-Global-Practices-Evaluation-Assessment-Toolkit.-Advancing-Artificial-Intelligence-Supported-Global-Digital-Citizenship-Education.pdf>

Furthermore, Nelson Mandela University has included digital wellness as one of the key wellness aspects to focus on in its holistic health and wellness strategy for students and employees.

