



Daily Habits for AI-Era Digital Wellbeing

Small, consistent actions create more sustainable change than dramatic overhauls

Morning

- Avoid checking your phone for at least 30 minutes after waking
- Set an intention for how you want to feel today
- Review your screen time limits and adjust if needed

Starting your day without immediately checking your phone protects your morning mental state. Those first waking moments set your emotional tone for hours. When you start by checking whatever the algorithm wants to show you, you're handing control of your mood to systems designed for engagement, not your wellbeing.

Setting an intention doesn't need to be elaborate. Simply noticing 'I want to feel calm today' or 'I want to stay present with people I care about' creates an anchor point you can return to when technology pulls you off course.

All Day

- Notice when you reach for your phone automatically and pause to ask what you actually need
- Take at least three 10-minute breaks looking at distant objects whilst moving your body
- Check in with your emotional state after extended online sessions
- Use the 2-minute reset exercise when feeling overwhelmed

The automatic reach for your phone is usually a response to some underlying need: boredom, anxiety, the desire for connection, or simply habit. Pausing to identify what you actually need creates the possibility of meeting that need more effectively. Often, you realise you don't actually want to scroll. You want to stretch, or drink water, or talk to someone, or just take a breath.

Evening

- Stop consuming AI-driven content at least one hour before bed
- Reflect briefly on what online content made you feel better versus worse
- Charge devices outside your bedroom overnight

The evening wind-down is crucial for sleep quality. Blue light affects melatonin, but the content itself affects your mental state more significantly. Charging devices outside your bedroom removes the temptation for late-night scrolling and creates a physical boundary that protects your sleep environment.

Weekly

- Check your screen time data and notice patterns without judging yourself
- Unfollow any accounts that consistently affect you negatively
- Share your digital wellbeing goals with someone who can support you
- Schedule at least one fully offline activity you genuinely enjoy

These habits may seem small, but over time they rebuild your focus, balance, and confidence online.

More resources from Digital Safety Squad™:

- [How to Create Healthy Family Technology Rules](#)
- [How to Talk to Your Kids About Online Safety](#)
- [Best Parental Control Apps in 2025](#)
- [Digital Safety Squad | Family Safety Hub](#)

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Source: digitalsafetysquad.com/ai-mental-health



Breathwork Reset: Two-Minutes

A quick reset to help your nervous system calm down after negative content exposure

Use this reset whenever you notice you've been caught in a harmful scroll pattern. It only takes 2 minutes and can make a significant difference to how you feel.

- 1 Close the app immediately without checking 'one more thing'
- 2 Put your device face-down or in another room to remove visual triggers
- 3 Sit or stand comfortably and notice your breathing without changing it yet
- 4 Breathe in slowly for 4 counts, filling your lungs from bottom to top
- 5 Hold gently for 4 counts
- 6 Breathe out slowly for 6 counts, emptying your lungs completely
- 7 Pause for 2 counts before the next breath
- 8 Repeat this cycle 5 times, using your fingers to count if it helps focus
- 9 Before returning online, ask yourself: 'Do I actually need to go back right now, or is this habit?'

The Breathing Pattern:

Breathe IN for 4 counts → HOLD for 4 counts → Breathe OUT for 6 counts → PAUSE for 2 counts

Repeat 5 times

Why this works:

The extended exhale activates your parasympathetic nervous system, counteracting stress responses. The counting gives your mind concrete focus, breaking rumination loops.

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Trigger Awareness Journaling

Identify which content affects you and why, creating awareness that enables better choices

When to use this: Answer these questions whenever you notice strong emotional reactions online. This practice helps you understand patterns in how AI-driven platforms affect you specifically.

1. What did I just see/read/watch?

Describe briefly without re-engaging

2. How do I feel right now?

Name specific emotions: anxious, angry, sad, inadequate, etc.

3. Is this a familiar pattern?

Does this content type consistently affect me this way?

4. What need was I trying to meet?

Connection? Information? Distraction? Entertainment?

5. Did this content actually meet that need, or did it exploit it?

6. What would genuinely help me feel better right now?

Often something offline: talking to someone, going outside, creating something

Over time, this journaling reveals patterns in how AI-driven platforms affect you specifically. You'll start recognising triggers before they fully activate, giving you choice about engagement.

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Digital Boundaries Plan

Create a personalised plan for managing your relationship with AI-driven technology

My Current Reality

Platforms I use most:

Average daily screen time:

Platforms that consistently affect my mental health negatively:

Times when I'm most vulnerable to unhealthy usage:

My Boundaries

Maximum daily time for [Platform]:

Tech-free times: From _____ to _____

Tech-free spaces:

Content I will actively avoid:

Warning signs that mean I need a break:

My Support System

Person I can talk to about technology concerns:

Accountability partner for digital boundaries:

Professional support if needed:

Technical Protections

- ☐ Screen time limits enabled
- ☐ Content filters active
- ☐ Notification management configured
- ☐ Devices charging outside bedroom

Monitoring tools I'm using:

Monthly Check-In

Are my boundaries working or do they need adjustment?

Have I noticed improvement in my mental health?

What's the hardest boundary to maintain?

What additional support would help?

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AI and Mental Health: Support Services

If you or someone you know is struggling, these trusted organisations can help right away

In immediate danger? Call emergency services: 999 (UK) or 911 (US)

UK Mental Health Resources

Samaritans

Phone: 116 123 (24/7, free)

Email: jo@samaritans.org

Confidential support for anyone in distress or struggling to cope

Shout

Text: 85258 (24/7, free)

Crisis text line for immediate mental health support

Mind Infoline

Phone: 0300 123 3393

Hours: Mon-Fri 9am-6pm

Mental health information and support

Childline (under 19)

Phone: 0800 1111 (24/7, free)

Online: [childline.org.uk](https://www.childline.org.uk)

Confidential support for young people

US Mental Health Resources

988 Suicide & Crisis Lifeline

Phone: 988 (24/7, free)

Text: 988

Chat: 988lifeline.org

Immediate crisis support and suicide prevention

Crisis Text Line

Text: HOME to 741741 (24/7, free)

Text-based crisis support

NAMI Helpline

Phone: 1-800-950-NAMI (6264)

Hours: Mon-Fri 10am-10pm ET

Mental health information, referrals, and support

SAMHSA National Helpline

Phone: 1-800-662-4357 (24/7, free)

Treatment referrals and information for mental health and substance use

Remember: Seeking help is a sign of strength, not weakness. These services are confidential and staffed by trained professionals who understand what you're going through.

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