

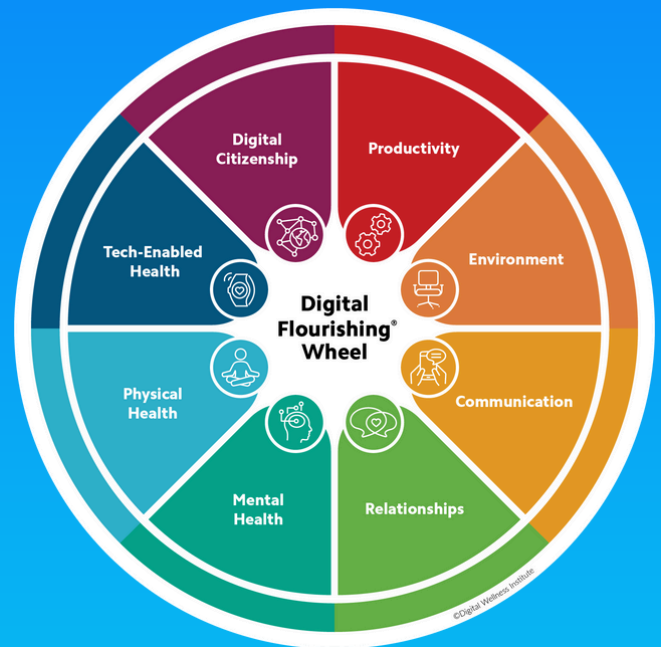
# RESOURCES FOR DIGITAL THRIVING

## What is Digital Wellbeing?

Digital wellbeing is the ability to live in harmony with technology—using it intentionally to support productivity, connection, and flourishing, rather than letting it overwhelm or deplete us.

## What is the Digital Flourishing Model?

The Digital Flourishing® Model is a proprietary and scientifically supported framework that was developed by leading researchers and academic institutions across North America. It takes a holistic view of how we interact with technology and its impact on wellbeing.



## What are some tools I can use?

[Take the Digital Flourishing Survey](#)  
[Download Tips for Digital Overwhelm](#)  
[Download Suggested Language Swaps](#)

## Where can I learn more?

[Micro Courses](#)  
[Certification Programs](#)

