

DIGITAL WELL-BEING BALANCING TECHNOLOGY AND MENTAL HEALTH IN EDUCATION



**Organisation ID:
E10384986**

 europexchangecentre

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 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course focuses on helping teachers and school staff understand the impact of digital technology on well-being, attention, and relationships—both for themselves and their students. In today's hyper-connected world, educators play a crucial role in modelling healthy digital habits and guiding learners toward mindful technology use. Participants will explore strategies to prevent digital overload, manage screen time, and promote balance, self-care, and focus in the classroom. Set in the peaceful surroundings of Nerja – Torrox Costa, Spain, this training provides the ideal environment to reflect, recharge, and rethink our relationship with technology.

COURSE OBJECTIVES

By the end of this course, participants will be able to:

- To understand the concept of digital well-being and its relevance in education.
- To identify the psychological and social effects of excessive digital exposure.
- To develop practical strategies for healthy and balanced technology use.
- To promote digital mindfulness, focus, and emotional regulation in students.
- To build a positive and sustainable digital culture within schools.



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Participants will recognize signs of digital stress, distraction, and burnout.
- They will apply strategies for achieving balance between online and offline life.
- They will integrate digital well-being activities into their lessons.
- They will support students in developing mindful technology habits.
- They will foster digital responsibility, self-care, and resilience in their school communities.

DURATION:

5 Days

LANGUAGE:

English

SCHEDULE:

Monday to Friday

09:30 – 14:30
5 hours per day

OTHER SERVICES

- Beach front accommodation
- Airport transfers
- Local transport
- One day trips
- Documentation support
- Additional project assistance

CERTIFICATES

A certificate of attendance will be issued to all the participants at the end of the course.

TRAINING ACTION

Day 1

Understanding Digital Well-being

- What digital well-being means in the modern classroom.
- The psychology of technology use: benefits and risks.
- How digital overload affects focus, mood, and relationships.
- Self-reflection: assessing personal digital habits.

Day 2

Managing Digital Overload

- Recognizing the symptoms of digital fatigue.
- Techniques for maintaining focus and reducing distraction.
- Practical exercises for digital decluttering.
- Mindful walk or reflection session by the sea.

Day 3

Promoting Digital Mindfulness in Education

- Introducing mindfulness and emotional awareness in technology use.
- Classroom practices for conscious and limited screen use.
- Encouraging creativity and physical activity through blended learning.
- Workshop: designing mindful digital lessons.

Day 4

Guiding Students Toward Healthy Digital Habits

- Teaching digital citizenship and responsibility.
- Discussing online identity, privacy, and empathy.
- Creating awareness of digital addiction and online pressures.
- Group projects: developing school-wide initiatives for digital well-being.

Day 5

Building a Balanced Digital Culture

- Strategies for sustainable tech use at work and in daily life.
- Designing a digital well-being plan for schools.
- Sharing best practices and participant reflections.
- Evaluation, feedback, and certification ceremony.

*Please note that program content may be subject to change based on input from our trainers.



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Get in touch



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