Living Simply: Simplify Your Life

Overview/Description
In today’s digital age, people are exposed to a vast number of choices and opportunities in all facets of life; choices about what to read, watch, listen to or purchase. The result is that people often are more distracted, confused and stressed by the increasing complexity of consumer choices and online social media activities. This topic addresses ways of prioritizing and simplifying your life through adopting a “digital mindfulness” approach.

Target Audience
Anyone wishing to better understand the impacts of living in the digital age and learning about ways to focus on what’s important

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:
• Understand the impacts of consumer and digital overload
• Identify priorities and ways to simplify your life
• Recognize how becoming digitally mindful can lower stress and improve well-being