DIGITAL HAPPINESS: How To Be the Boss of Technology

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POLLING QUESTION:
What makes you happy?
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What makes you happy?

- Personal and professional success of my employees/coworkers.
- My family
- Finding solutions to make people’s jobs easier and more efficient
- Down time
- Laughter
- Fishing
- Hanging with friends
- Faith
- When things work out in life
- See good things happening
• Memory capacity
• Ability to process data
• General intelligence

never alone.

85 interactions per day
Nomophobia

Health Hazards

- Hand, neck, and back issues
- Anxiety
- Depression
- Disrupted sleep
- Diminished attention span
- Antisocial behavior
- Decreased empathy
- EMFs
Former Facebook executive: social media is ripping society apart

How to Fix Facebook—Before It Fixes Us

A group of former Facebook and Apple employees are teaming up to warn kids about tech addiction
Happiest using technology when....

- Staying connected with people when it makes things more efficient
- Playing games when it actually works
- Listening to music after I get everything installed and figured it out myself.
Technology erodes my happiness when...

- Rabbit hole effect
- It’s not working
- I stay up late at night with it
- It slows me down
- Bugs and errors
- When it is all consuming

- Upgrades that make me change the way I do things that already work well
- I constantly check it
- It doesn’t do what I expect

Sociological Lens
(Anti)Social?

30% of our online time on social media

For Reference of NECA Now 2019
Attendees Only
Possibilities and Capabilities of Digital Happiness

Shallow vs. Deep
Active vs. Passive

Life/Culture Transformed by Digital Happiness

Etiquette
Mobilization/Incentivization
Sense of Self
Boundaries

Connection

Dichotomies
Connect
Disconnect
Track
Order
Identify

single biggest indicator of long-term, sustainable health and happiness

happiest 10% have strong social connections
**Which social media platforms do you use?**

![Bar chart showing social media platform usage]

Other: Snapchat, YouTube, Yelp, Trip Advisor, Discord

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**POLLING QUESTION:**

Are you using social media to present your ideal self or your full reality? Why?

- Ideal self with minimal sharing
- My reality. Why be fake?
- Limited reality with minimal sharing
- I'm more of a voyeur of friends and family
- Use it to keep in touch
Are you using social media to influence others?

- Yes, often: 33.33%
- Yes, sometimes: 33.33%
- No: 66.67%

If you do use it to influence others, how?

- Sharing stories and information: 33.33%
- To spread happiness: 33.33%
- Promote a project or business: 33.33%
- Promote yourself as an influencer: 8.33%
- Reviews: 16.67%
- Other (please specify): 41.67%

Other: I do not use technology to influence others
Digital Bipolarism

Scrutinize and Curate Your Feed
POLLING QUESTION:
If you could recommend that your fellow attendees follow just one person on social media, who would it be?

- MLB on Instagram
- Valley Girls and Guys, because it’s an amazing Charity and I am a board member of this group.
- Snapchat
- LinkedIn
- Joe Rogan on youtube
- Miller Electric Company
- Sebastian Maniscalco
The New Social

Digital vs In-person
Blurring of spheres
Intimacy phobia

Disconnection is deadly, but how much "connection" is too much?
DISCONNECTION
(refuel)

CENTER YOURSELF
WITH SOLITUDE
USE me!

Media Fasts

I UNPLUG TO RECONNECT

I UNPLUG TO BE WITH FAMILY + WITH MYSELF

NATIONAL DAY OF UNPLUGGING
#unplug
Classroom Discussion
(Sacred Space)
POLLING QUESTION:
What are your current rules around technology (i.e. smartphone, tablets, computers, etc.)

- Very few rules. Should create boundaries.
- Unplug at bedtime
- Don’t look at FB during day
- Do not use during meetings
- Not at the dinner table
- I don’t waste time with technology
- I try and spend my time working on my talents or spending time with people
- I try to keep around in case of an important call or event
- To limit use at work and home
- None

POLLING QUESTION:
How do you feel when you don’t follow your rules?

- Rabbit hole
- Like I cheated, I own the company, if I get on FB then others should feel that they can too
- If I check phone during meeting, I feel disrespectful to those speaking
- Regret it when alerts wake me up in the night
- Bad
- Like I’m missing out on something
- Why does it seem to rule you
- No issue
"I feel like I’ve cheated myself out of a once in a lifetime conversation by looking at something that will still be there when I’m done talking”

"I don’t want my kids to think my phone is more important than spending time with them”

Biggest challenge for creating mindful boundaries around technology:

- Focusing on effective use rather than just scrolling
- Thinking no one will notice, but still feeling guilty
- Trying to get tech tasks completed during business hours, and not spend time during personal time
- I am clueless as to what boundaries I already have vs what boundaries I need to set
- Being respectful to people who are trying to contact me on the device while being respectful to the people I’m interacting with in person
- Sticking to it with notifications going off
- Not being able to know what I might be missing
- Putting it down
TECHNOLOGY PHILOSOPHIES
AND GOALS

BE PRESENT
Being present is the most valuable
gift you can give someone
BE RESPECTFUL
Avoid oversharing, don’t ghost, know when to pick up the phone (and when to put it away)

MAKE MEANINGFUL CONNECTIONS
Limit social media use and avoid self-destructive voyeurism and time-wasting
Your personal technology rules
(Some Suggestions)

Delete select social media apps
Turn off notifications

How often is your phone on the table or in your lap when you are with friends or home eating with your family?

- Always: 66.67%
- Often: 33.33%
- Rarely: 0%
- Never: 0%
Put away phone when socializing

The Art of Conversation
Phone stacking
Put phone on “Do not disturb”
Enable “Repeat Calls” feature

Do you turn your phone completely off at night?

- Always: 8.33%
- Sometimes: 16.67%
- Rarely: 75.00%
- Never: 75.00%
Do you set your phone to "do not disturb" at night?

- Always: 16.67%
- Sometimes: 0%
- Rarely: 0%
- Never: 83.33%

If you have an iPhone, do you use Screen Time to monitor your usage and has it shifted your behavior?

- Yes, and it has shifted my behavior: 8.33%
- Yes, and it has not shifted my behavior: 25.00%
- No, I don't use Screen Time: 66.67%
Turn phone off at night and place out of sight
Download a book app

Extra credit challenge: Change your phone from color to grayscale
...Paved with good intentions!

“It keeps me from looking at my phone every two seconds.”

Life changes you can make to adhere to these rules

- Schedule time to unplug
- Give yourself permission
- Leave technology at home
- Set expectations with colleagues and clients
- Set clear boundaries
- Enlist your partner
What will you do with your wild and precious tech-free time?

What do you do when you unplug?

- Read
- Be present
- Rest
- Be in nature
- Exercise
- Be with family
- Explore, have adventures
- Cook
- Visit with friends
- Watch TV and movies
- Be creative
- Play games

“I do not unplug”
“Where do we live, and what do we live for?”
- Henry David Thoreau

Do we live on a screen?
Do we live for the next ping?

Indulgent balance
Homework Time

- Define how you want to live
- Write rules that support those intentions
- Identify barriers and develop a strategy for counteracting them

Long-term Happiness

- Activities & Practices*: 40%
- Genetics: 50%
- Circumstances: 10%

*Stuff we can control
HAPPINESS IS A DYNAMIC PROCESS

“Happiness is neither virtue nor pleasure nor this thing nor that, but simply growth. We are happy when we are growing.”

-William Butler Yeats
Take the Digital Happiness pledge

On my honor, I will try: To serve myself and those I love, by consciously engaging with technology in both my personal and professional life.

I pledge allegiance to a mediated life of indulgent balance. I give myself permission to go all-in with technology and unplug as needed. I need both. And I deserve it.

I pledge to work to achieve my life philosophies and values by adhering to my technology rules whenever humanly possible.

Make no mistake: I’m a realist. I know this won’t be easy. I will likely fail often. But I pledge to fail better through reflection and experimentation. Because I know it’s worth it.

I pledge to be my own technology superhero. I have all the knowledge and strength I need to make technology my friend and set an example for my colleagues and loved ones.

I’m a techno-badass and I’m the boss of technology.

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Questions? Thank you!

Up Next:
11:45 am - Lunch in Ballroom Lawn

1:00-3:00 pm – Plenary Session, Sekou Andrews D.I.Y Innovation in Grand Ballroom 7 & 8

8:00-10:00 pm – Closing Reception, Neon Lights + Electric Nights in Sunset Lawn

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