

# Real Restoring, Embracing, And Living a REAL life off-line

## Workshop Series Kicks Off: Session 1 Highlights

### ICTs' Effects on Our Brains and Bodies

September 21, 2023 | Online | Duration: 2 hours

We've officially launched our 12-session online workshop series with a powerful and engaging first session!

In this opening session, participants were introduced to the structure and goals of the program, focusing on how the overuse of digital technologies affects our brains and bodies. Through guided reflection and group discussion, we explored the neurological and emotional impact of constant connectivity.

#### Key Takeaways:

- Understanding how ICTs influence attention, memory, and stress
- Self-assessment of screen habits and their physical effects
- Honest group dialogue about how tech use *feels*, emotionally and mentally
- A personal challenge: observe and record how digital use impacts your mood this week

#### What participants said:

*"This made me stop and think. I finally paid attention to how tense I feel after hours online."*

#### Impact So Far:

- 100% attendance and active participation
- Common symptoms identified: digital fatigue, reduced focus, tension
- High engagement during emotional reflection, creating trust within the group
- Strong motivation to apply insights in daily life



#### Up next: Session 2 – Sleep Quality and the Internet

We'll explore how screens affect our rest and what we can do to improve it. Stay connected and continue the journey with us!





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## Workshop Series – Session 2: Sleep Quality and the Internet

September 28, 2023 | Online | Duration: 2 hours

This week's session took a deep dive into one of the most underestimated effects of our digital habits: how screens disrupt our ability to rest. Together, we explored the science behind sleep, the role of melatonin, and how blue light and overstimulation can throw off our natural rhythms.

### What we covered:

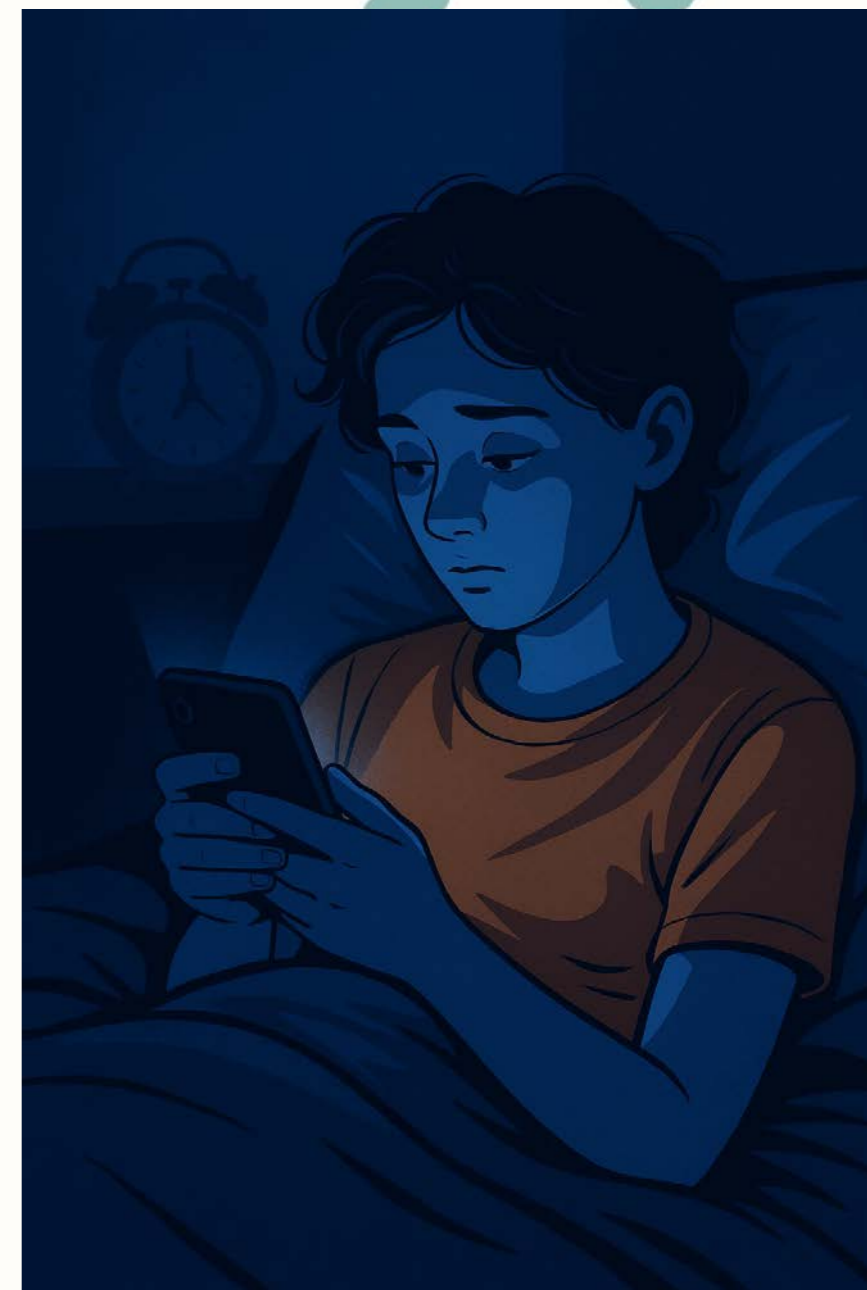
- The biology of sleep: circadian rhythms, melatonin suppression, and digital interference
- Identification of common screen-related sleep barriers in our routines
- Group brainstorming to create healthier nighttime digital habits
- Emotional insights on how sleep loss affects our mood and self-regulation
- A personal wellness commitment: design a realistic "digital detox" routine for bedtime

### Impact So Far:

- Participants acknowledged personal sleep issues related to screen time
- Small groups helped design simple, sleep-supportive habits
- Many committed to a 7-day trial of their new digital night routine
- Strong connection between digital behavior and emotional regulation became evident

### Takeaway:

Sleep is not just rest, it's emotional recovery. Taking control of our digital habits at night is an act of self-care.



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## Coming up: Session 3 – Online vs. Offline Relationships

Join us as we explore how the Internet is shaping the way we connect—with others and with ourselves.





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## Workshop Series – Session 3: Online vs. Offline Relationships

October 5, 2023 | Online | Duration: 2 hours

This week, our focus turned to how digital life shapes the way we connect with others. In a session filled with real-life stories, laughter, and deep reflection, participants explored how empathy, emotional nuance, and presence can shift dramatically between online and face-to-face communication.

### What we explored:

- Communication styles: texting vs. talking, reacting vs. listening
- Theory: online disinhibition, empathy erosion, and identity distortion
- Group roleplay: how conflicts feel—and are resolved—differently online and offline
- Emotional reflection on loneliness, affection, and the need for human presence
- Collective insights on how to build more meaningful connections in both worlds

### Highlights from the session:

*"I realised how often I avoid tough conversations by hiding behind a screen. I miss the real connection."*

### Impact So Far:

- The roleplay sparked emotional responses and honest discussion
- Participants reflected on their habits and shared intentions to be more present in future interactions
- Empathy and active listening emerged as key themes for healthier communication
- Many committed to small changes—more voice notes, calls, and eye contact



### Next up: Session 4 – The Internet's Impact on Society

We'll look at how digital habits shape not just individuals—but culture, values, and our sense of community.



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## Workshop Series – Session 4: The Internet’s Effects on Digital and Real Society

October 19, 2023 | Online | Duration: 2 hours

This session explored one of the most relevant and complex topics of our time: how digital culture is reshaping society itself. Through guided discussion, debate, and personal reflection, participants examined how the Internet affects norms, beliefs, and our shared sense of reality.

### What we explored:

- How daily habits, values, and “what’s normal” are influenced by digital environments
- Concepts like digital tribalism, echo chambers, and reality distortion
- A critical look at media bubbles and personalized information channels
- Emotional effects of being constantly connected and informed
- Setting small, personal goals for more conscious media use

### Takeaway:

To live consciously in a digital world, we need not just awareness, but intention. Understanding our digital environment is the first step toward reclaiming our attention and identity.

### Impact So Far:

- The debate on whether we’re “better informed or more manipulated” sparked active participation and opposing viewpoints
- Participants shared a growing awareness of how algorithms shape their worldview
- Emotional reflections revealed a mix of information fatigue and curiosity
- Most committed to one simple “offline curiosity” before the next session



### Next session: Procrastination and Shifting Priorities

We’ll dive into how the Internet alters motivation, focus, and our sense of urgency.



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## Workshop Series – Session 5: Procrastination and Shifting Priorities

October 26, 2023 | Online | Duration: 2 hours

This week, participants took a closer look at how the digital world encourages procrastination and erodes our ability to focus. The session blended neuroscience, personal reflection, and practical tools to help break the cycle of avoidance.

### What we explored:

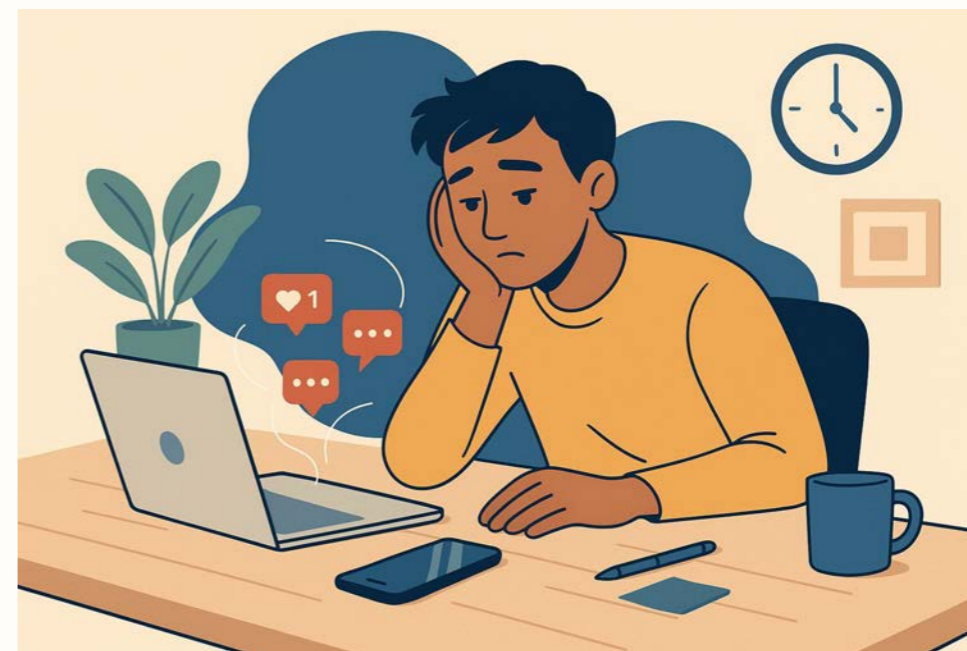
- How constant notifications and screen time affect dopamine, decision-making, and mental fatigue
- Identification of personal triggers for distraction and task avoidance
- Mapping of digital procrastination loops using real-life examples
- Emotional check-in: what feelings we might be avoiding when we scroll
- Tools like the “5-minute start” and micro-tasking to build focused habits
- Commitment to one small action before the next session

### Highlights from the session:

Procrastination isn't just about poor time management, it's about emotion, self-regulation, and learning to face discomfort with intention.

### Impact So Far:

- Strong participation and connection across shared struggles with digital distractions
- Emotional reflections revealed links between procrastination, perfectionism, and anxiety
- All participants chose a specific, achievable priority to act on
- High motivation to shift focus from avoidance to intentional action



**Next up: Session 6 – Work-Life Balance in the Digital Era**  
Explore how online culture is blurring boundaries, and how to rebuild them.



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## Workshop Series – Session 6: Side Effects on Work-Life Balance

November 16, 2023 | Online | Duration: 2 hours

This session focused on one of the most common struggles in a hyperconnected world: how the Internet blurs the boundaries between work and personal life. Participants reflected on their own routines, shared personal experiences, and identified steps to reclaim time and space for rest.

### What we explored:

- How constant connectivity erodes boundaries between roles and spaces
- Digital presenteeism, guilt, and the challenge of “switching off”
- Mapping of personal vs. professional digital zones throughout the week
- Emotional consequences of imbalance: exhaustion, anxiety, and frustration
- Grounding tools to set limits without guilt
- Commitments to one small rebalancing action for the week

### Impact So Far:

- Participants visualised their digital routines and identified key imbalance zones
- Emotional check-ins revealed a shared need for clearer boundaries
- Many committed to using simple mantras or micro-habits to create more breathing room
- The session fostered a sense of relief, solidarity, and renewed intention to protect personal time

**Takeaway:** Balance doesn't happen by accident—it's a choice we have to make daily, especially in a digital world that never sleeps.



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## Workshop Series – Session 7: Internet Use and Youngsters' Mental Health

November 23, 2023 | Online | Duration: 2 hours

This session shed light on the emotional and psychological challenges today's youth face in the digital world. From social media pressure to cyberbullying and constant comparison, we explored how online life shapes identity and mental health during adolescence.

### What we explored:

- Key concepts: FOMO, comparison culture, body image, and digital validation
- The impact of cyberbullying and online peer pressure
- Case studies and real-life testimonials to build empathy and practical insight
- Emotional management tools to support distress tolerance and self-image
- Reflective exercise: what advice would we give our 15-year-old selves?
- Group discussion on how adults can better support youth in the digital age

### Takeaway:

Young people don't just need protection online—they need support, understanding, and tools to build emotional resilience.

### Impact So Far:

- Many participants connected deeply with their own adolescent experiences
- Emotional tools such as thought logs and cognitive reframing were well-received
- The session fostered both awareness and responsibility, especially among those working with youth
- Several participants committed to sharing practical resources with young people in their networks

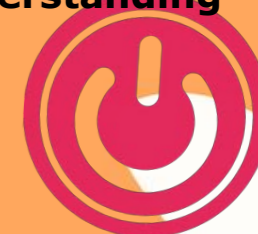


### Next session: Emotional Management – Understanding Negative Behaviour

We begin our deep dive into emotional regulation and how to respond to digital stress.



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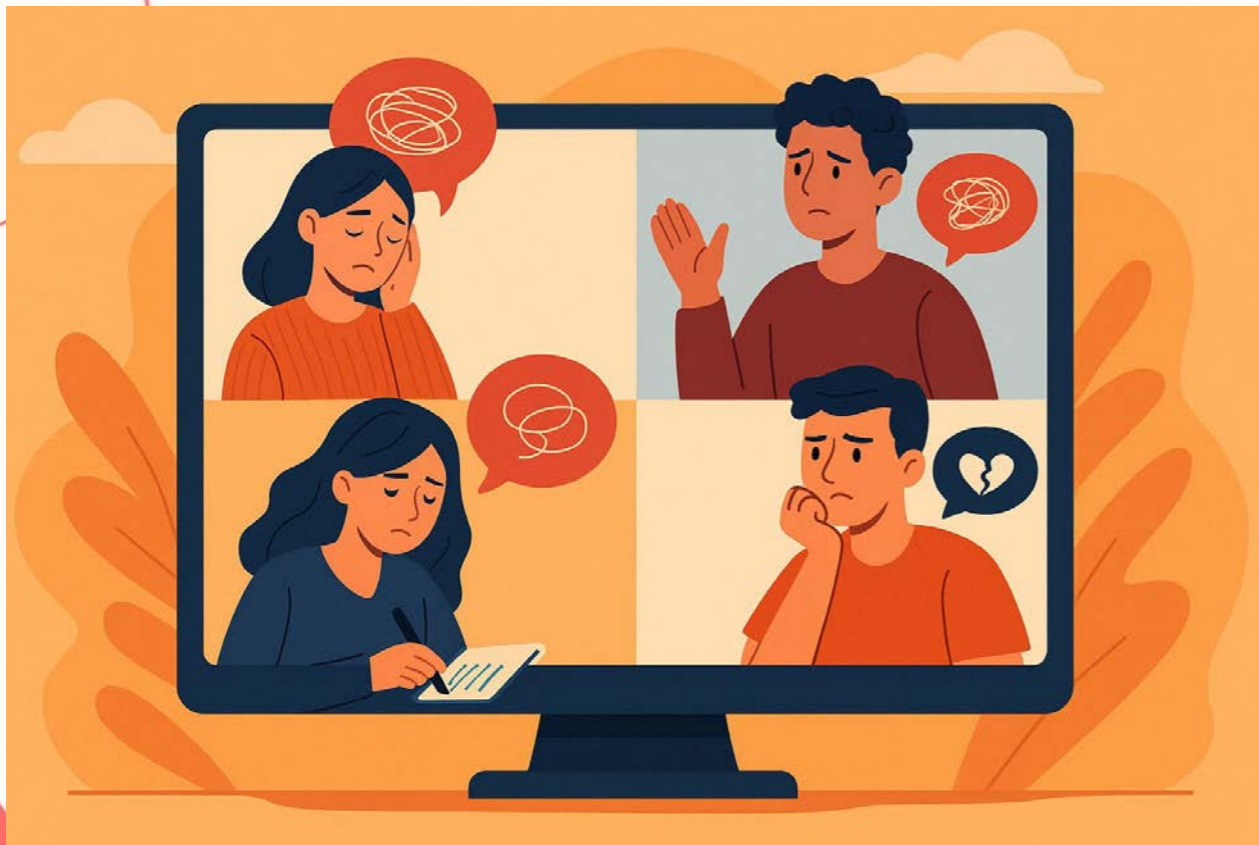


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## Workshop Series – Session 8. Emotional Management: Understanding Negative Behaviours

November 30, 2023 | Online | Duration: 2 hours

This session marked a key turning point in the workshop series, as the focus shifted fully to emotional awareness and regulation. Participants explored how difficult emotions, when unprocessed, can lead to problematic digital behaviours like compulsive scrolling, online conflict, or withdrawal.



### What we covered

- Emotional disconnection as a root of Problematic Internet Use (PUI)
- Mapping emotional triggers that precede unhealthy online habits
- The ABC model: identifying the links between thoughts, emotions, and behaviours
- Partner-based reflection on digital triggers and underlying emotions
- A preview of the practical emotional regulation tools to come in the following sessions

### Outcomes

- Many participants recognised how emotions like anger, sadness, or loneliness drive their digital habits
- The trigger map exercise revealed recurring patterns, sparking deeper self-reflection
- A strong sense of connection and vulnerability emerged within the group
- The session laid the groundwork for developing more mindful and regulated online behaviour

### Key

Behind many digital habits lies an emotion that hasn't been addressed. Recognising it is the first step toward conscious, healthy choices.

### message

**Next session: Emotional Management Tool I – Identification and Labelling.** We begin building a personal toolkit to better name, understand, and regulate emotions in the digital age.





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## Workshop Series – Session 9. Emotional Management Tool I: Identification and Labelling

December 14, 2023 | Online | Duration: 2 hours

In this first hands-on session on emotional regulation tools, participants focused on one of the most powerful foundational skills: the ability to name and recognize emotions. Through guided practice, theory input, and peer exercises, the group began building the emotional vocabulary necessary for clarity, regulation, and digital well-being.



**Key message:** You can't regulate what you haven't named. Building a precise emotional vocabulary is the first step toward meaningful self-regulation.

### What we covered

- The difference between reacting to emotions and identifying them
- Why emotional vocabulary matters, and how suppression affects behaviour
- Emotional check-in using the Feeling Wheel and structured reflection
- Paired practice using the “What I feel / What I need” dialogue format
- Introduction to emotional journaling as a self-awareness habit
- Weekly goal: name emotions in real time throughout the week

### Outcomes

- Participants gained clarity on the internal emotional states that often go unnamed during digital use
- The exercises supported calm, focused reflection and active listening
- Journaling provided a clear and practical method for tracking emotional patterns
- Many committed to applying the identification technique daily as a personal challenge

**Next session: Emotional Tool II – Grounding and Breathing.** We'll explore physical techniques to calm the nervous system and anchor ourselves in moments of stress.



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## Workshop Series – Session 10. Emotional Management Tool II: Grounding and Breathing

December 21, 2023 | Online | Duration: 2 hours

This session invited participants to slow down, breathe, and reconnect with their bodies. Through a series of guided practices and scientific context, we explored how breath and physical grounding can regulate the nervous system and help manage digital stress.



**Key message:** The body is always available as an anchor. In moments of stress, breath can bring us back to safety and clarity.

### What we covered

- Guided grounding exercises using the 5-4-3-2-1 method and sensory awareness
- Scientific overview of the nervous system and how stress shows up in the body
- Practice of breathing techniques: box breathing, 4-7-8 method, body scan
- Personal reflection: "How did my body respond to these practices?"
- Discussion on how and when to integrate grounding into daily digital life
- Closing plan: commit to a daily grounding practice for the upcoming week

### Outcomes

- Participants reported a noticeable sense of calm during and after the session
- The connection between emotion, body, and technology use became clearer
- Grounding techniques were seen as highly usable in moments of overwhelm
- Many committed to incorporating breathwork into their daily routines

**Next session: Emotional Tool III – Reframing and Self-Compassion.** We'll look at how to shift unhelpful thoughts and respond to ourselves with kindness in the digital world.



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## Workshop Series – Session 11. Emotional Management Tool III: Reframing and Self-Compassion

January 11, 2024 | Online | Duration: 2 hours

In one of the most emotionally resonant sessions of the series, participants explored how internal narratives shape their digital experiences. The focus was on recognising self-judgment, reframing critical thoughts, and introducing self-compassion as a powerful tool for sustainable behavioural change.



**Key message:** The way we speak to ourselves matters, especially in a digital world where external validation is constant. Reframing and compassion turn judgment into healing.

### What we covered

- Identifying cognitive distortions and self-critical thinking, especially in online settings
- Practicing the reframing question: “What else could be true?”
- Introducing the concept of the inner mentor vs. the inner critic
- Writing a self-kindness letter from the perspective of a caring friend
- A short mindfulness exercise to build presence and compassion
- Reflective sharing: how changing our inner dialogue shifts our relationship with the internet

### Outcomes

- Participants named and gently challenged their most common self-critical thoughts
- Reframing provided a concrete and empowering cognitive shift
- The self-kindness exercise opened a deeply supportive group atmosphere
- Several participants reported feeling “lighter,” “seen,” and more motivated to respond to themselves with care

### Next session: Emotional Tool IV – Integration and Application

In our final session, we will bring everything together to build a lasting emotional regulation plan.





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## Workshop Series – Session 12. Emotional Management Tool IV: Integration and Application

January 18, 2024 | Online | Duration: 2 hours

The final session marked a meaningful conclusion to the 12-session workshop series. Participants came together to reflect on what they had learned, revisit the tools explored, and identify the strategies they will carry forward in their daily lives. The atmosphere was one of recognition, celebration, and intentional planning.



**Key message:** Emotional management is a lifelong skill. With awareness, reflection, and small daily actions, digital well-being becomes a sustainable reality.

### What we covered

- Opening reflection: which session or tool had the greatest impact
- A full review of all emotional management tools and internet-related insights
- Personal toolkit-building: selecting three tools to integrate long-term
- Creation of a digital well-being pledge and personal action plan
- Sharing of takeaways, mutual appreciation, and collective encouragement
- Closing ceremony and certificate announcement

### Outcomes

- Every participant identified tools that resonated most with them
- Many expressed increased confidence in managing digital stress and emotions
- The group reflected on emotional growth and the importance of boundaries
- Closing acknowledgments reinforced a strong sense of connection and progress

**Thank you for joining the journey**

This session may close the workshop, but it opens a longer path of mindful, balanced digital living.



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