

## The Virtual Staffroom

### Show Notes

#### Episode 11 – Digital Wellbeing

##### **Joe**

Digital Wellbeing - Google

<https://wellbeing.google/>

##### **Linda**

Screen Time App

<https://support.apple.com/en-au/HT208982>

##### **Yvette**

Happy Healthy Harold

<https://www.lifeeducation.org.au/>

##### **Dr Kristy Goodwin**

- <https://drkristygoodwin.com/>
  - Rescue Time - <https://www.rescuetime.com/>
  - Forest App - <https://www.forestapp.cc/>
  - Pocket - <https://getpocket.com/>