

## Artikel til intranet

### Balance your screen time – and boost your mental strength in a digital world

We are living in an age where the line between work and leisure is often blurred. Our smartphones and PCs allow us to be online and available 24/7, if we want to. Digitalisation has many advantages, and it is very difficult to imagine a work life without a smartphone or a PC. However, with these digital devices, we need to ask ourselves an important question: When are we not available? This is a difficult predicament. Smartphones can become a source of stress and anxiety, and we definitely want to avoid that.

Here at **VIRKSOMHEDSNAVN**, we want to ensure the well-being of our employees and prevent stress.

[Citat fra xx – leder, HR chef eller lign.:]

*"It is no secret that we use computers and smartphones a lot during an ordinary working day. With a smartphone in our pocket, it is so easy to take our work with us anywhere. To address this in our company, we want to focus on screen time and establish firm rules about our use of digital devices."*

In the coming period, we will therefore focus on how we, as a company, can create an environment in which the right digital balance can be achieved. Our pension provider, Danica Pension, and the University of Copenhagen have together developed a number of specific tools to help us achieve or maintain mental strength in a digital world.

Your manager will therefore soon invite you and your team to a team discussion to start a dialogue about the benefits of healthy digital habits and together define what this means to you in your everyday lives.

To learn more about Balance your screen time, click [here](#).