

Digital Wellness Glossary

Active Technology Use - The intentional use of technology for a specific purpose.

Addictive Design - Features or aspects of a device or app that are intended to hook the user into frequent use.

Affective computing - The study and development of systems that can recognize, interpret, process, and simulate human emotions.

Affordances - A use or purpose that a thing can have, that people notice as part of the way they see or experience it.

Algorithm - A process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer.

Allostasis - The process by which the body responds to stressors in order to regain homeostasis.

Always-on Culture - A feeling of needing to be constantly connected or networked, even when an actual need is absent.

Anti-Racism - The active process of identifying and eliminating racism by changing systems, organizational structures, policies and practices and attitudes, so that power is redistributed and shared equitably.

Anti-Racist Technology - Technological systems that deliberately speak to questions and issues of race.

Attention - Noticing an aspect of our internal or external environment by shining a 'mental spotlight' on it. It indicates a state of presence and can be thought of as the opposite of distractedness.

Attention Economy - A period following the information age, asserting human attention has become a scarce resource and valuable commodity amidst the swirl of information constantly bombarding consumers.

Attention Residue - The inability to fully transition from one task to another, which in turn fragments our focus and causes anxiety.

Autoplay - A functionality that causes a video, audio file, etc. to play automatically, without action from a user.

Balance - Is a state of equilibrium when energy is flowing smoothly throughout your body. Balance does not mean that nothing is changing. In fact it is a sign of good health when your body adapts well to the changes. The symbol of Yin/Yang represents the flow of change and balance in life.

Biohacking - Also known as DIY Biology, biotechnological social movement in which individuals and small organizations study biology using the same methods as traditional research institutions.

Biophilia - A hypothetical human tendency to interact or be closely associated with other forms of life in nature.

Body hacking - Also known as "grinders", people that alter their own bodies by implanting do-it-yourself cybernetic devices.

Bodywork - The term bodywork refers to therapies such as massage, deep tissue manipulation, movement awareness, and energy balancing, which are employed to improve the structure and functions of the human body. Bodywork in all its forms helps to reduce pain, soothe injured muscles, stimulate blood and lymphatic circulation, and promote deep relaxation and enable the body to rally its own recuperative powers.

Bonding Social Capital - Strong relationships between individuals that allow for emotional support, trust and companionship.

Bottomless Bowl - A term coined by Tristan Harris that describes a design feature of technology that eliminates stopping cues for people so they consume more content than they naturally would.

Breathwork - One way to master stress is to be aware of your breathing. When people feel panicked or unconsciously stressed, they tend to take short, shallow gasps of air. The resulting lack of oxygen restricts blood flow and causes muscles to tense. The way you breathe affects your whole body. Full, deep breathing is an effective way to reduce tension, feel relaxed, and reduce stress.

Bridging Social Capital - Weak, distant relationships between individuals that make opportunities available for information sharing and knowledge transfer.

Burnout - A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

Carpal Tunnel Syndrome - A painful condition of the hand and fingers caused by compression of a major nerve where it passes over the carpal bones through a passage at the front of the wrist, alongside the flexor tendons of the hand. It may be caused by repetitive movements over a long period, or by fluid retention, and is characterized by sensations of tingling, numbness, or burning.

Cervicogenic Headache - Referred pain (pain perceived as occurring in a part of the body other than its true source) perceived in the head from a source in the neck. Cervicogenic headache is a secondary headache, which means that it is caused by another illness or physical issue.

Clickbait - Social media content with a misleading or sensationalist headline designed to get readers to click through to the full story, which is generally a disappointment.

Cognitive Dissonance - The emotional or psychological discomfort that occurs when we receive information that is inconsistent with attitudes and beliefs we hold to be “truth.”

Collisionable Hours – Time that can lead to serendipitous encounters through intentional office design and work flows.

Communication Charter - A formal document that outlines your team's preferred communication methods.

Concern Trolling - A *concern troll* offers undermining criticisms under the guise of concern. Their goal is to sabotage the cause being discussed, and to inspire doubt among group members.

Conditioning - Term used in physiology and psychology describing the process by which repetitive exposure to a stimulus, a response becomes more frequent and predictable usually through some form of reinforcement (i.e., reward).

Connected health - Also known as technology-enabled care (TEC), involves the convergence of health technology, digital media and mobile devices.

Continuous partial attention - The process of paying simultaneous attention to a number of sources of incoming information, but at a superficial level.

COPPA - The Children’s Online Privacy Protection Act applies to websites for kids, but it also applies to some sites aimed at general audiences. It imposes certain requirements on operators of websites or online services directed to children under 13 years of age and it gives parents control over what information websites can collect from their kids.

Critical Race Theory - States that racism is a core component of the systems and structures of power in a society.

Creep - To “creep” is essentially to stalk a person on social media, especially without engaging with any of their posts.

Culture Wars - Disagreement and polarization between different social groups (ex, Generation Z vs. Millennials) on social issues.

Cyber Attack - An attempt to disable computers, steal data, or use a breached computer system to launch additional attacks through malware, phishing, ransomware, man-in-the-middle attack, and other methods.

Cyberbullying - The electronic posting of negative or mean-spirited messages about a person, often done anonymously.

Dataveillance - The surveillance of a person's activities by studying the data trail created by actions such as credit card purchases, mobile phone calls, and internet use.

Decision Fatigue - The finding that your willpower and ability to make good choices deteriorate in quality after an extended period of decision making; also known as decision paralysis.

Deep Work - Uninterrupted focused productive work time.

Design - To create, fashion, execute, or construct according to plan.

Design Ethicist - A person who specializes in instituting ethical design in technology.

Digital Addiction - A form of problematic behavior that shows symptoms of behavioral addiction, such as dependency and continuous use, despite knowing about the negative effects the technology produces in one's life.

Digital Citizenship - The norms of behavior with regard to active technology use.

Digital Detox - A period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world.

Digital Discovery - Digital tools used as a means to discover.

Digital Distress - Emotional or physical angst caused by the overuse of technology.

Digital Environment - A context, or a "place", that is enabled by technology and digital devices, often transmitted over the Internet, or other digital means, e.g., mobile phone network. Records and evidence of an individual's interaction with a digital environment constitute their digital footprint.

Digital Etiquette - The standards of conduct expected by other digital technology users; also referred to as Netiquette.

Digital Filter - The diminished transmission of relevant visual and auditory information during communication via any digital device. Nonverbal cues (e.g., body language, eye gaze, pattern of speech, synchrony) are particularly susceptible to being filtered out when using digital devices, leading to a reduction in the effectiveness of communication.

Digital Flourishing - A mindful approach to digital technology usage that supports our thriving in different areas of life. This approach empowers us to take advantage of the benefits of technology while avoiding associated harms.

Digital Footprint - The trail of our online behaviors and personal information (data) we leave on the Internet.

Digital Literacy - The ability to use information and communication technologies to find, evaluate, create, and communicate information, requiring both cognitive and technical skills.

Digital Maximalism - A philosophy of tech use that sees the potential benefit of using any technology that catches your attention.

Digital Minimalism - A philosophy of technology use in which you focus your online time on a small number of carefully selected and optimized activities that strongly support things you value, and then happily miss out on everything else.

Digital Nutrition™ - A positive way to conceptualise an approach to the increased ubiquity of technology in our daily lives, and in the classroom.

Digital Well-being - The optimum state of health, personal fulfillment, and interpersonal satisfaction that each individual using technology is capable of achieving.

Digital Wellness - A way of life, while using technology, that promotes optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human, natural, and digital communities.

Discord - A proprietary freeware instant messaging and digital distribution platform designed for creating communities ranging from gamers to education and businesses.

Disinformation - False information spread deliberately to mislead people.

Dogpiling - When a group collectively works together using dozens of tactics at once to overwhelm a target through sheer volume, clogging and choking online accounts with a cascade of disingenuous questions, insults, slurs, threats, and more.

Doomscrolling - The tendency to continue to surf or scroll through bad news, even though that news is saddening, disheartening, or depressing.

Dopamine - One of the brain's neurotransmitters—a chemical that ferries information between neurons. Dopamine helps regulate movement, attention, learning, and emotional responses. It also enables us not only to see rewards but to take action to move toward them.

Echo Chamber - An environment in which the same opinions are repeatedly voiced and promoted, so that people are not exposed to opposing views.

Electronic Discovery (eDiscovery) - The process of discovery in civil litigation that is carried out in electronic formats. It encompasses what most often is referred to as electronically stored information, or ESI.

Emotional Regulation - Also known as self-regulation, it is the ability to notice our emotions, correctly identify them and use strategies to work through them in ways that lead to mental health and well-being.

Environment - The surroundings or conditions in which a person, animal, or plant lives or operates.

Ergonomics - The application of psychological and physiological principles to the engineering and design of products, processes, and systems.

E-sports - Also known as electronic sports, e-sports, or eSports) is a form of sport competition using video games. Esports often takes the form of organized, multiplayer video game competitions, particularly between professional players, individually or as teams.

Ethical Design - Concerns moral behavior and responsible choices in the practice of designing new technology.

Eustress - Normal amounts of stress that are perceived to be positive for the individual.

Fake News - False often sensational, information disseminated under the guise of news.

Feed - A format used by social media with consistent updated content usually consisting of news.

Feedback Loop - A response to something you do or post online that causes your brain to experience a temporary moment of pleasure.

Flow - The positive experience of being fully absorbed in an activity, forgetting about time, space, or physical needs and feeling joyful about doing the activity.

FOMO - An acronym for the “Fear of Missing Out,” describing an emotional response to a lack of being connected with the latest activities or information.

Forward Head Posture - An abnormal positioning of the head that is out of line with the body when viewed from the side. Can lead to muscle imbalances as the body tries to adapt and find efficient ways to hold the head up for straight-ahead vision.

Gamification - The concept of applying game mechanics and game design techniques to engage and motivate people to achieve their goals.

Gaming Addiction - A pattern of gaming behavior (‘digital-gaming’ or ‘video-gaming’) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent

that gaming takes precedence, and continuation or escalation of gaming despite the occurrence of negative consequences.

Gaslighting - When serial abusers present false information or a false narrative to make you doubt your own memory, perceptions, sanity, or professional knowledge.

Gish-Galloping - A device used to derail a conversation with a flood of falsehoods and tiny arguments that focus on nitpicking or minor unrelated details, each loaded with implied accusations.

GOT (Guilt Over Things) Syndrome - a term coined by author Amy Blankson describing the feeling that we have *got* to keep things, even if we haven't touched them in weeks, months, years—or even decades.

Growth Hacking - A field in marketing whose main goal is to acquire as many users/customers possible in the least amount of time.

Hedonic Treadmill - Also known as hedonic adaptation, is the observed tendency of humans to quickly return to a relatively stable level of happiness despite major positive or negative events or life changes.

Heuristics - Cognitive processes that help to make quick sense of the world.

Holistic - Characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

Hook model - A model describing how users of social media get into the habit of using it continuously.

Human-centered design - A philosophy that empowers an individual or team to design products, services, systems, and experiences that address the core needs of those who experience a problem.

Humblebrag - To make a seemingly modest, self-critical, or casual statement or reference that is meant to draw attention to one's admirable or impressive qualities or achievements.

Illusory Contours - Visual illusions that evoke the perception of an edge without a luminance or color change across that edge.

Impersonation Trolling - A strategy whereby harassers create hoax social media impersonation accounts in order to post inflammatory statements in your name.

Impression Management - A conscious or subconscious process in which people attempt to influence the perceptions of other people about a person, object or event by regulating and controlling information in social interaction.

Infinite Scroll - A web-design technique that loads content continuously as the user scrolls down the page.

Information Ecology - An area that deals with how ideas are exchanged, how innovations expand, how values are added to information, and how new knowledge is tested and implemented within the rich perspectives of the ecosystem through accumulated expertise and learning.

Information Overload - When a user is exposed to too much information to process at any given moment.

Information Society - Used to describe a society where the creation, distribution, use, integration and manipulation of information is significant to economic, political and cultural endeavours.

Instant Gratification - The desire to experience immediate pleasure without any delay, and the inability to self-regulate and cope with unpleasant states in order to delay pleasure or reward.

Integrative - Relating to a multidisciplinary, holistic approach to medicine that combines conventional treatments with alternative therapies such as homeopathy or naturopathy.

Intermittent Reinforcement - Also referred to as variable reward, describes the reward protocol by which a subject receives a reward (i.e., food) only at random intervals.

Institutional Racism - Public and private entities have built race discrimination into their foundation.

Involuntary Attention - When attention is diverted towards an activity without the conscious effort, potentially against the will of the individual.

JOMO - An acronym for joy of missing out and describes the pleasure of taking a break from social activity—especially social media—to enjoy personal time.

Lateral Deviation - Moving in a sideways direction.

Law of Diminishing Return - If one input in the production of a commodity is increased while all other inputs are held fixed, a point will eventually be reached at which additions of the input yield progressively smaller, or diminishing, increases in output.

Lifehacking - Using shortcuts to increase productivity and well-being in one's life.

Lifelogging - A method of studying the world around you over time by tracking personal data.

Like Button - A feature on social media where users can express that they like, enjoy or support certain content.

Maximizer - An individual who consistently seeks the optimal outcome for any endeavor.

Media Balance - Using media in a way that feels healthy and in balance with other life activities.

Meditation - A group of techniques, most of which started in Eastern religious or spiritual traditions. In meditation, individuals learn to focus their attention and suspend the stream of thoughts that normally occupy the mind. This practice is believed to result in a state of greater physical relaxation, mental calmness, and psychological balance. Practicing meditation can change how a person relates to the flow of emotions and thoughts in the mind.

Mental Health - A state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mere Presence - the phenomenon that simply the presence of one's phone can impact perceived quality of conversations or cognitive performance

mHealth - The use of mobile and wireless technologies to support the achievement of health objectives.

Microdecision - Small choices that you make on a daily basis that have big impacts on your life.

Mindful Technology Use - Using personal devices, apps, services, and online platforms in an informed way, with purpose and personal agency.

Mindfulness - The awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, in the service of self-understanding and wisdom.

Mind-Body Medicine - The interaction between the mind, body, and spirit, specifically the ways in which emotional, mental, social and spiritual factors together can directly affect health.

Monitor Contrast - The contrast ratio is the ratio between the luminance of the brightest white and the darkest black that a monitor can produce.

Monitor Luminosity - Also known as brightness, it is the level of light emitted by an LCD display.

Moore's Law - A prediction made in 1965 by Gordon Moore, co-founder of Intel, that the number and speed of microchips will double roughly every two years.

More than Moore's Law - A prediction that the computing industry will use applications to determine what chips are needed to support them in the future.

Movement Break - A period of time dedicated to movement designed to interrupt static postures.

Multi-tasking - The erroneous belief that we are productively engaging in more than one task at a time. The more accurate term for it is "task switching," because research shows this is what our brain is actually doing.

Muscle Memory - A process of reorganizing and rewiring our nerves to make the brain/body connection stronger, faster and more accurate.

Myopia - Myopia occurs when the eyeball is too long, relative to the focusing power of the cornea and lens of the eye. This causes light rays to focus at a point in front of the retina, rather than directly on its surface.

Nerve Flossing - Nerve flossing gently mobilizes compressed or irritated nerves through a set of simple exercises and targets conditions that involve irritation of the nerves, such as sciatica and piriformis syndrome.

Netiquette - Rules of etiquette that apply to online communication.

New Media - New media is often characterized as highly interactive digital technology. New media is "very easily processed, stored, transformed, retrieved, hyper-linked and, perhaps most radical of all, easily searched for and accessed.

Nomophobia - Also known as NO MOBILE PHONE PHOBIA, is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity. Other research studies define it as phone addiction.

Nutrition - We believe that nutrition involves more than simply eating a good diet-it is about nourishment on every level. It involves relationships with family, friends, the greater society, and the world. Choices about nourishment are very much linked to other human beings and other life forms on this planet, so healthy (and unhealthy) decisions have great impact.

Optimal Frustration - Emerging from the research in child psychology, this is the level of tolerable frustration that we can handle and use in order to develop coping skills. More recent research is indicating that our society's optimal frustration levels are becoming lower and lower.

Overshare - Unacceptably forthcoming with information about one's personal life.

Oxytocin - One of the most important hormones in the human body, also known as "the love chemical." It is frequently secreted when a mother breast-feeds her baby, when we experience orgasm, when we make eye contact, and when we touch or hold each other.

Paradox of Choice - Also known as the tyranny of choice, it indicates that the more choices we have, the less satisfied we are and the more difficult it is to decide on an option.

Passive Technology Use - Scrolling through social media or any other newsfeed without engaging in any other action.

Persuasive Technology - A vibrant interdisciplinary research field, focusing on the design, development and evaluation of interactive technologies aimed at changing users' attitudes or behaviors through persuasion and social influence.

Phoneliness - A state of “phoneliness” is proposed where an individual’s social media use contributes to feelings of loneliness, which then in turn affect social media use.

Phubbing - The practice of ignoring one's companion or companions in order to pay attention to one's phone or other mobile device.

Presenteeism - The practice of coming to work despite illness, injury, anxiety, etc., often resulting in reduced productivity.

Privacy paradox - The discrepancy between acting in opposition to one’s belief by freely sharing personal information online despite the belief that one is concerned about one’s privacy.

Prosocial behaviors - Voluntary behavior intended to benefit another.

Protected Time - The concept of blocking off time in one’s calendar where nothing else can be scheduled, in order to focus on one task with no distraction.

Psychosomatic - Of or relating to a physical disorder that is caused by or notably influenced by emotional factors.

Push Notification - A message that appears on the screen of a user’s device or computer—even if they’re not currently using that brand’s app or website, making push an effective way to grab someone’s attention.

Quantified Self - A movement to use technology to measure various biomarkers and behaviors to try to optimize health.

Repetitive Strain Injury (RSI) - A condition in which the prolonged performance of repetitive actions, typically with the hands, causes pain or impairment of function in the tendons and muscles involved.

Responsible Amplification - Editorial and journalistic strategies used to choose prioritization of content sharing.

Right to Disconnect - A proposed human right regarding the ability of people to disconnect from work and primarily not to engage in work-related electronic communications such as e-mails or messages during non-work hours.

Sadfishing - The act of posting sensitive, emotional personal material online to gain sympathy or attention from the online community.

Satisficer - A pragmatic individual who makes decisions based on meeting requirements in a timely manner, finding the “good enough” solution and moving on.

Science of Social Justice - A framework for studying the mental, emotional and physiological trauma of centuries of systemic and institutionalized oppression.

Screen Time - The amount of time one spends using a device with a screen such as a smartphone, computer, television, or video game console.

Screenome - A term that describes the overall digital activity you engage in on your screen-based device. Unlike simply looking at screen-time, the screenome gives us a more nuanced view of our tech consumption.

Sealioning - A type of trolling or harassment which consists of pursuing people with persistent requests for evidence or repeated questions, while maintaining a pretense of civility and sincerity.

Self-care - The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Shallow Work - Tasks that do not create much new value, easy to replicate, often performed while distracted.

Shinrin Yoku - Otherwise known as Forest Bathing, is a term originated in Japanese culture that refers to a recreational trip to the forest for relaxation and well-being.

Sleep Hygiene - Habits and practices that are conducive to sleeping well on a regular basis.

Smombie - (smartphone zombie) A walking person using a cellphone who is oblivious to the world around them.

Snapchat Dysmorphia - Turning to Snapchat and Instagram filters as a source of inspiration for desired plastic surgeries.

Social Capital - The social resources people perceive they have available to achieve their goals (for example feeling supported) through their social networks.

Social Comparison - The process through which people come to know themselves by evaluating their own attitudes, abilities, and beliefs in comparison with others.

Social Connection - The feeling that you belong to a group and generally feel close to other people. Scientific evidence strongly suggests that this is a core psychological need, essential to feeling satisfied with your life.

Social Media - Websites and applications that enable users to create and share content or to participate in social networking.

Social Support - The perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network.

Socialization - The process by which people learn the norms and practices of society. It teaches them how to behave, how to think and what to think about.

Soft Ergonomics - The study of designing virtual interfaces that cater towards the wellness of the human body, its emotional, and cognitive abilities.

Solitude Deprivation - A state in which you spend close to zero time alone with your own thoughts and free from input from other minds.

Solutionism - The tendency to try and solve everything with technological solutions, when sometimes different approaches are needed to larger scale and more complex issues.

Streaks - An addictive design feature used in many apps to encourage consecutive daily behaviors through gamification (e.g. how many days in a row that you have sent “snaps” on Snapchat).

Strong Ties - Close relationships with maximum trust and reliability.

Supercomputer - Fastest computer in the world that can process a significant amount of data very quickly.

Surveillance Capitalism - The unilateral claiming of private human experience as free raw material for translation into behavioral data.

Switch Cost - When an interruption such as a notification distracts our attention from a task.

Task Switching - An executive function that involves the ability to unconsciously shift attention between one task and another.

Tech Addiction - The obsessive use of mobile devices, the internet or video games, despite negative consequences to the user of the technology.

Tech Graveyard - A term coined by Amy Blankson referring to the dumping ground for outdated, unneeded tech.

Tech Hygiene - Healthy habits and practices with digital technology that can improve your productivity and mental health.

Technology Mindfulness - A movement in research and design, that encourages the user to become aware of the present moment, rather than losing oneself in a technological device.

Technologist - A Technology Specialist.

Technoference - Everyday intrusions and interruptions caused by the technology we use.

Technostress - Negative psychological link between people and the introduction of new technologies.

Tech Shabbat - A term coined in 2010 by Tiffany Shlain and Ken Goldberg to describe a day of rest or cessation from the use of all technology with screens: smartphones, personal computers, tablets and television. Shlain introduced the concept, modeled on the traditional Jewish Shabbat.

Tech Tantrum - An irrational, often combative response to the removal of a digital device from a user

Tech Tension - Muscle aches, soreness, or pain that is noticed after working on the computer or other digital devices, often around the neck and shoulders.

Tension Headache - A diffuse, mild to moderate pain in your head that's often described as feeling like a tight band around your head. A result of stress, inadequate sleep, and poor posture.

The Really?! Rule - A mantra or litmus test coined by Amy Blankson that can be used to assess the necessity of keeping an item in your environment.

Trigger - Internal or external causes that make us engage in a particular action.

Trigger Management - A strategy for responding to stimuli in your environment leading to unwanted behaviors.

Twitch - A video live streaming service operated by Twitch Interactive, a subsidiary of Amazon. Introduced in June 2011, the site primarily focuses on video game live streaming, including broadcasts of esports competitions, in addition to music broadcasts, creative content, and more recently, "in real life" streams.

Ubuntu - A South African word that means, "I am because we are."

UI (User Interface) Design - The process designers use to build interfaces in software or computerized devices, focusing on looks or style.

UX (User Experience) Design - A UX designer is concerned with the *entire* process of acquiring and integrating a product, including aspects of branding, design, usability and function.

Unintended Consequences - The outcomes of a purposeful action that are not intended or foreseen

Visual Accommodation - A method by which the curvature of the eye lens is changed in order to focus close objects on the retina.

Weak Ties - Acquaintances or connections with people we do not know very well.

Wellbeing - Well-being is a state of balance or alignment in body, mind, and spirit. In this state, we feel content; connected to purpose, people, and community; peaceful and energized; resilient and safe. In short, we are flourishing.

Whiteness/White Racialized Identity - Refers to the way that white people, their customs, culture, and beliefs operate as the standard by which all other groups are compared.

Wilful Ignorance - To avoid becoming informed about something so as to avoid having to make undesirable decisions that such information might prompt.

Yin/Yang - All energy is divided into these two opposites. Yin is the feminine, moist, cool, nighttime energy. Yang is the hot, dry, masculine, daytime energy. The symbol, yin/yang is a representation of how energy flows, throughout the day, sometimes it is more yang, such as in the morning. Other times more yin, such as the night time. The little circles represent each being able to convert to the other. Without yin/yang, you cannot discuss energy, because it is always a dance of these opposites.

Yoga - A combination of breathing exercises, physical postures, and meditation used to calm the nervous system and balance the body, mind, and spirit.

Zoom Fatigue - The feeling of tiredness, anxiousness or worry with yet another video call.