

Re-balancing our use of digital technology

Bank
Workers
Charity

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Head of Wellbeing



Bank Workers Charity

We exist to support the health and wellbeing of current and former bank employees, and their families.

Independent

We're entirely independent of the banks

About us

Advice and support

We provide information, advice and support

Free and Confidential

Our services are free and confidential





Cost of living crisis support

We recognise the extreme hardship the cost of living crisis is inflicting on many households and encourage you to reach out to us if you're struggling.

Have a read of our comprehensive Cost of living support guide which highlights the main sources of advice and support, including financial assistance, that are available from us and other organisations.

[Find out more](#)



Chat now



The benefits of being digitally connected

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- At home
- Easy to stay in touch with family and friends
- Easy to access info and learn skills
- Supports leisure time activities.
- Catch-up tv/online streaming
- Online shopping is cheap and easy – 84% of us agree
- At work
- Can work flexibly – from anywhere at any time
- Fast and easy access to information
- Easy to build working relationships remotely
- Allows for easy collaboration especially remotely
- Allows us to be more data driven

'Online shopping and
online banking have
made my life easier'

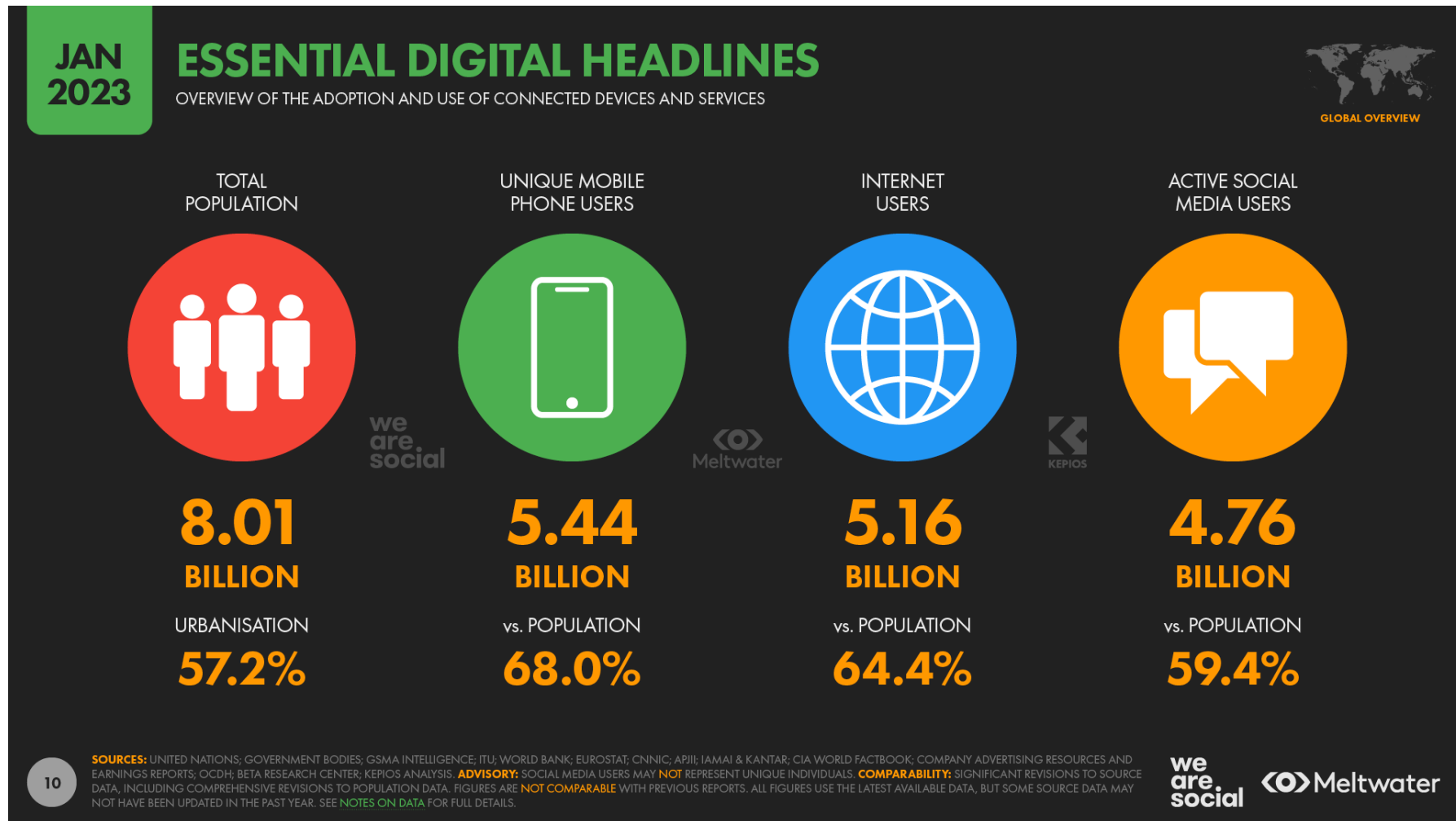


84%

Source: 'Always on', CMR research 2018

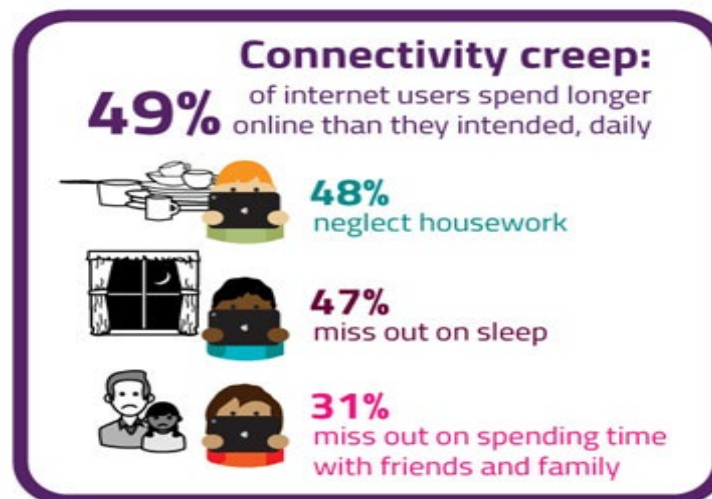
The facts about our digital usage 1

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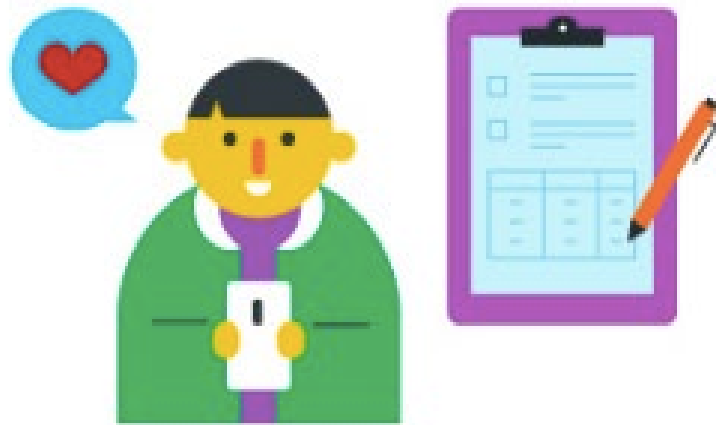
The facts about our digital usage 2

- UK adults spend an average of **6 hours 43 minutes online** each day - that's 100 days of interconnected time
- UK children spend **6.5 hours each day** in front of screens (pre- pandemic)
- **69% of adults** look at their phone within 5 minutes of waking. For under 35's its higher
- UK adults now spend a total **of 25 hours** online each week

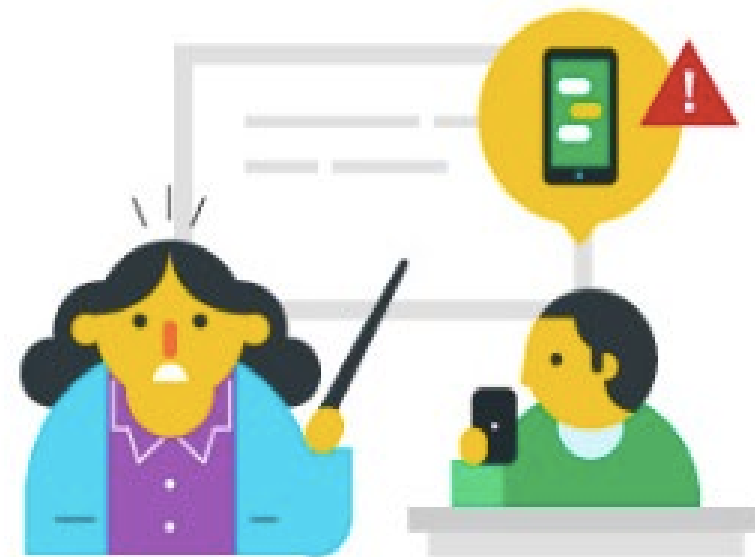


Are we addicted to our devices?

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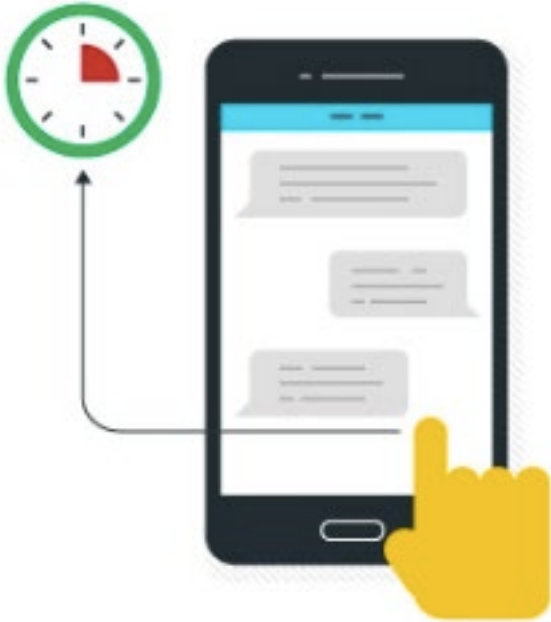
47% of parents surveyed believe their child is addicted to their smartphone.



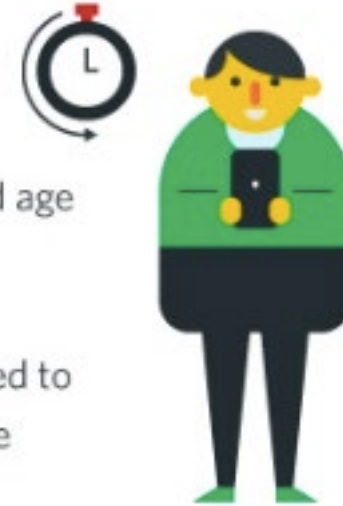
Of the teachers surveyed, 67% noticed their students being negatively distracted by mobile devices.

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In the **18-29** year old age category, **22%** of smartphone using respondents admitted to checking their device every few minutes.



36% of millennials say they spend **2** or more hours per workday looking at their phones for personal activities.



Of parents surveyed in the UK, **46%** said they "**feel addicted**" to their mobile devices.

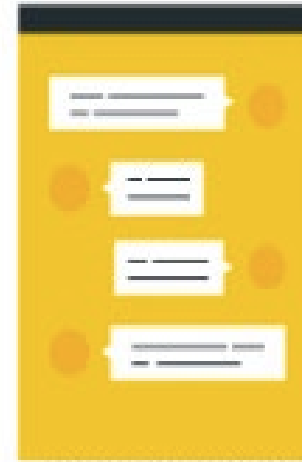
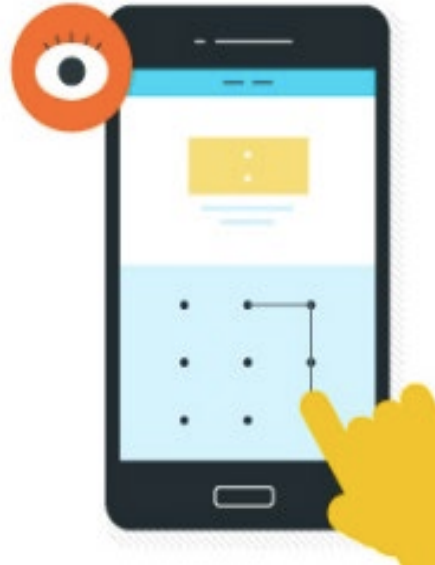


Are we addicted to our devices?

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On average, smartphone owners unlock their phones **150 TIMES** a day.

The average smartphone user checks their phone **63 TIMES** a day.



Rather than in-person interaction, **33%** of teens spend more time socializing with close friends online.

While **58%** of smartphone users have admitted to trying to limit their device usage, only **41%** succeeded.



How people feel about their digital behaviour

- **62% of people** say they hate how much time they spend on their phones
- **69% of UK children** say their parents spend too long on their mobile device at home.
- **43% of adults** say they spend too much time online
- **46% of Americans** say they couldn't live without their mobile phones
- **40%** felt they had been “smart snubbed”
- **58% of people** text family/friends each day but 67% would rather speak face to face.
- **66% of UK smartphone** users say they suffer from **nomophobia** – fear of losing or being without their phones
- **90% of people** said they had experienced “low battery anxiety”
- **41% of children** feel overwhelmed by the number of notifications they receive each day



The impact on our cognitive processes

- Digital overload described as the **defining problem of today's society**
- **Continuous Partial Attention** – the constant flow of information means we rarely devote our full attention to anything
- Our ability for **deep-thinking and sustained focus is reducing.**
- Our **analytic and critical thinking skills** have declined.
- **Multi-tasking isn't effective** - the brain doesn't work that way.
- The act of receiving a notification is distracting and that **reduces productivity.**
- People working when distracted by emails and notifications saw **a 10% fall in productivity**
- Pre-teens allowed no access to screens for 5 days **much better at reading emotions** than children permitted to use screens

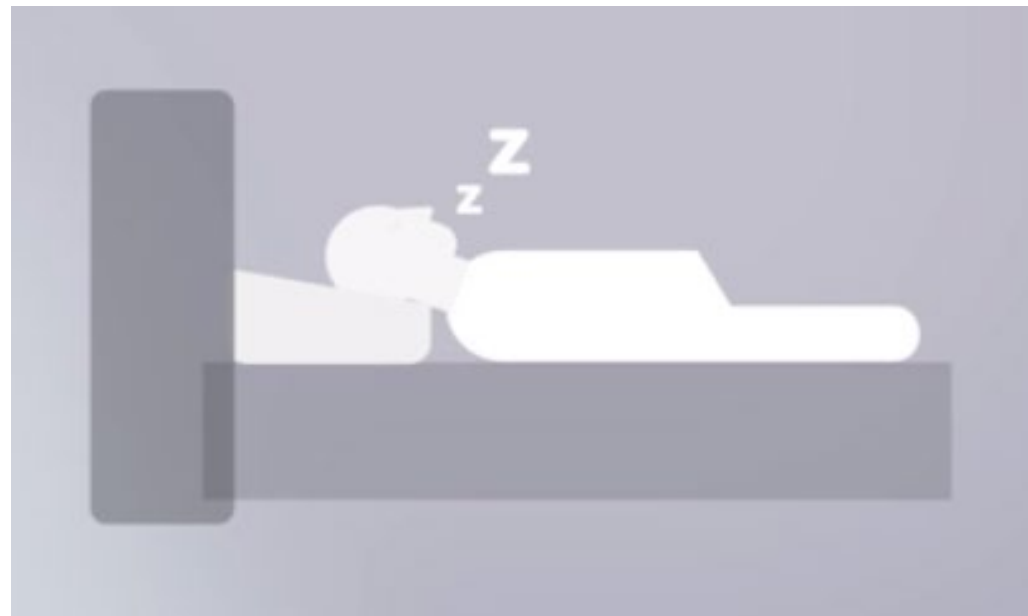
What digital devices can do to sleep

47% of adults have lost sleep because of internet usage.

In US study **95% people** used some type of screen in the hour before bedtime

32% of people who binge watched a tv series at least once in the last month missed out on sleep

Where teens were in front of a screen **more than four hours per day** they were three and a half times as likely to sleep badly



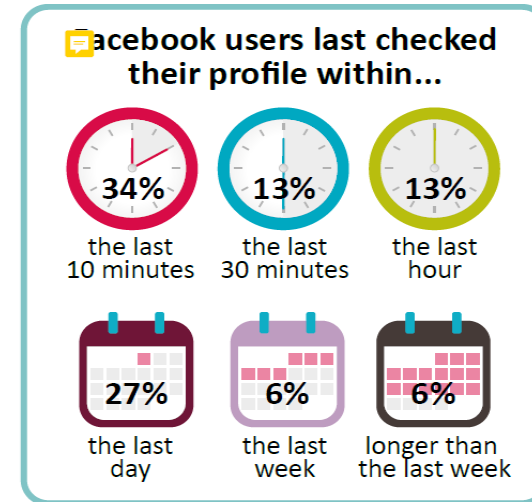
Impact of Social media

The numbers

- There are **3.196bn** active social media users
- On average, people have **5.5** social media accounts
- The average daily time on social is **116 minutes**
- Facebook claims over **2.19bn** users.

Social media impact

- A study found that simply seeing **Facebook's logo** can create a craving
- Links between frequent use of social media and conditions like **depression, anxiety, eating issues, social isolation, low self esteem and increased suicide risk**
- Some health positives – it helps people with mental health problems to build communities



Source: YouGov Reports: The Power of the Image Online 2017

Digital detox

- Digital detox is when you take a complete break from using all digital devices.
- 15m UK Internet users have tried a detox, giving up their devices for anything from a day to a month.
- 1/3 felt more productive as a result and a slightly smaller number experienced a sense of liberation or enjoyed life more.
- But a small minority felt lost without their devices

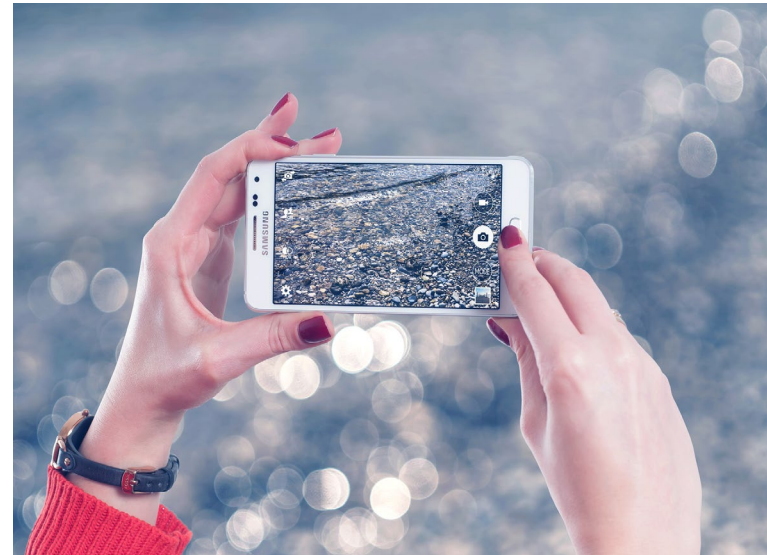
1 in 5 have been on a digital detox,
but 7 in 10 have tried to limit their time online



Source: GlobalWebIndex August 2018 Base: 4,438 respondents

How to rebalance your digital behaviours

- **Monitor** your usage
- **Start small.**
- **Put some boundaries in place**
- **Make sure you have set aside time for social connections**
- **Don't be available all of the time**
- **Make your bedroom a place for sleep**
- **Try not to check your phone first thing on waking and last thing at night**



BWC white paper
At the crossroads – The need for a digital rebalance
(Downloadable from [BWC website](#))



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Get in touch

Call us 0800 0234 834

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Email me Paul.barrett@bwcharity.org.uk

Digital Wellbeing White Paper – At the Crossroads – downloadable here

<https://thewellbeingpulse.com/wp-content/uploads/2019/03/At-the-crossroads-2019.pdf>

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