**M2 Unit 1 Links & Resources**

[What is Digital Wellbeing? - YouTube](https://www.youtube.com/watch?v=zfpZpyYYzww&embeds_euri=https%3A%2F%2Flearndigital.withgoogle.com%2F&embeds_origin=https%3A%2F%2Flearndigital.withgoogle.com&source_ve_path=MjM4NTE&feature=emb_title)

[Digital wellbeing | Building digital capability (jisc.ac.uk)](https://digitalcapability.jisc.ac.uk/what-is-digital-capability/digital-wellbeing/)

[Lesson - Google Digital Garage (learndigital.withgoogle.com)](https://learndigital.withgoogle.com/digitalgarage/course/digital-wellbeing/module/220/lesson/221)

[What executives are saying about the future of hybrid work | McKinsey](https://www.mckinsey.com/capabilities/people-and-organizational-performance/our-insights/what-executives-are-saying-about-the-future-of-hybrid-work)

[Working anytime, anywhere: The effects on the world of work | (europa.eu)](https://www.eurofound.europa.eu/publications/report/2017/working-anytime-anywhere-the-effects-on-the-world-of-work)

[**https://www.youtube.com/watch?v=C3priAc1o5g**](https://www.youtube.com/watch?v=C3priAc1o5g)

[Take a technology self-assessment | Digital Wellbeing | Google](https://wellbeing.google/reflect/)

[Headspace for Work Demo](https://get.headspace.com/demo-int?utm_source=google&utm_medium=cpc&utm_campaign=uk_s_non-brand&utm_content=demo&utm_term=&utm_geo=emea&utm_size=all&utm_term=stress%20management%20program&utm_campaign=EMEA_S_Non-Brand&utm_source=adwords&utm_medium=ppc&hsa_acc=9280581405&hsa_cam=13727228626&hsa_grp=129870009332&hsa_ad=532345642286&hsa_src=g&hsa_tgt=kwd-142706340&hsa_kw=stress%20management%20program&hsa_mt=p&hsa_net=adwords&hsa_ver=3&gclid=CjwKCAjw5pShBhB_EiwAvmnNVz7hZ6QTTqZCPi0cdVXtkMF1h5Xb5p_zolWoc9WzGVlQ8at-NKwiHBoCnTQQAvD_BwE)

[**https://meditopia.com/en/about/**](https://meditopia.com/en/about/)

[**https://actiondash.com/**](https://actiondash.com/)

[**https://breaktimer.app/#:~:text=BreakTimer%20allows%20you%20to%20set,for%20Windows%2C%20macOS%20and%20Linux**](https://breaktimer.app/#:~:text=BreakTimer%20allows%20you%20to%20set,for%20Windows%2C%20macOS%20and%20Linux)**.**

[**https://apps.apple.com/us/app/microsoft-teams/id1113153706**](https://apps.apple.com/us/app/microsoft-teams/id1113153706)

[https://www.noisli.com](https://www.noisli.com/)

[**https://www.loom.com/**](https://www.loom.com/)

[**The Modern Manager**](https://themodernmanager.com/)

[**Podcast - Eat Sleep Work Repeat**](https://eatsleepworkrepeat.com/category/podcast/)

[**21st Century Work Life and leading remote teams“ auf Apple Podcasts**](https://podcasts.apple.com/at/podcast/21st-century-work-life-and-leading-remote-teams/id936499129)

[**Dear HBR:**](https://hbr.org/2018/01/podcast-dear-hbr)

[**(12) What is digital wellness and why is it important? - YouTube**](https://www.youtube.com/watch?v=JVbo_rzu8k0)

[**(12) Mindfully - Free Digital Wellbeing App – YouTube**](https://www.youtube.com/watch?v=45dhSGdE4Ks)

[**(12) Digital Wellness for a remote workforce and the role of IT – YouTube**](https://www.youtube.com/watch?v=Hb6A5jshMj4)

[**(12) How To Lead A Remote Team Successfully In 4 Ways | Forbes – YouTube**](https://www.youtube.com/watch?v=IinGfnBKTjo)