Topics Covered

Problem

Tips

Toolkit

Vision

Start

Introduction

Technology is everywhere — from how we travel to how we communicate. But with every new app or platform, our attention is being pulled in more directions.
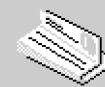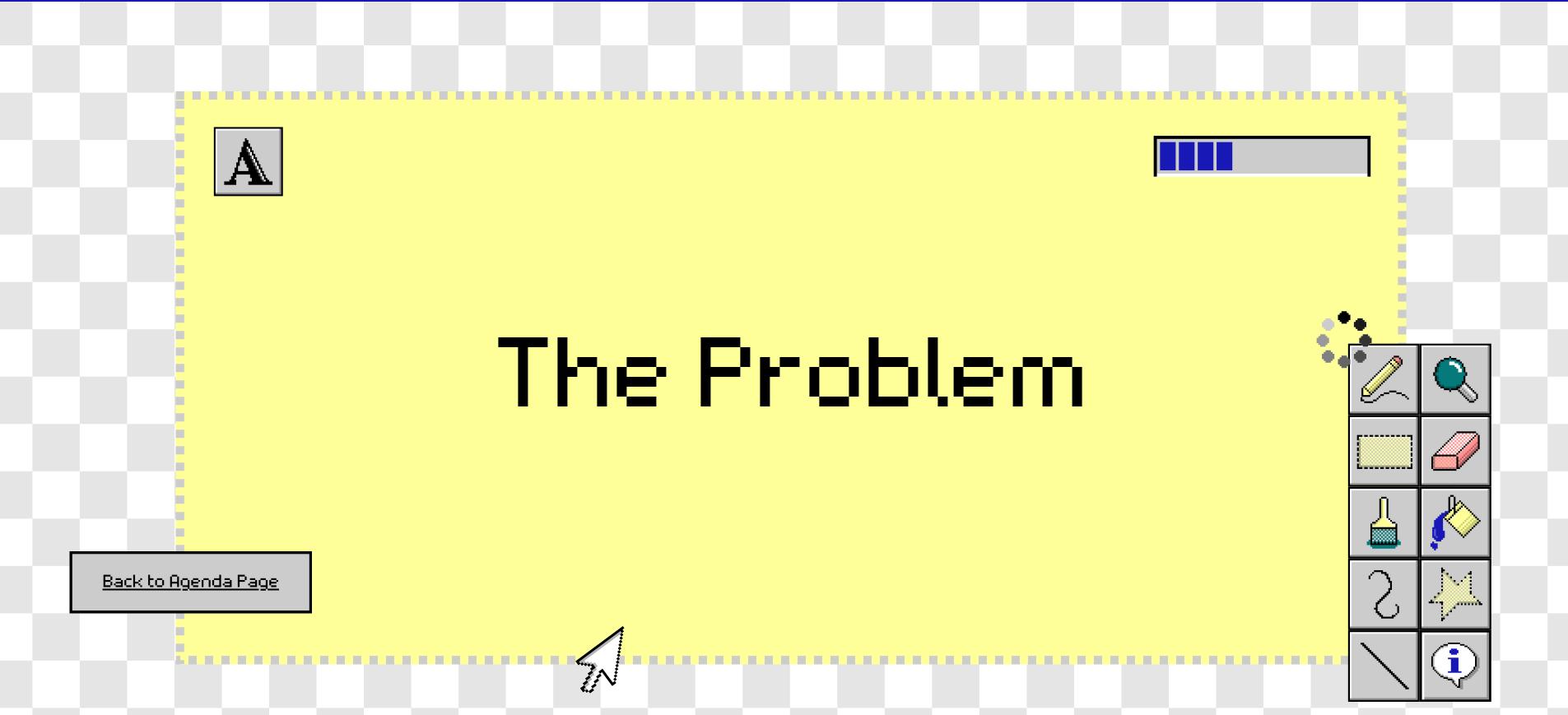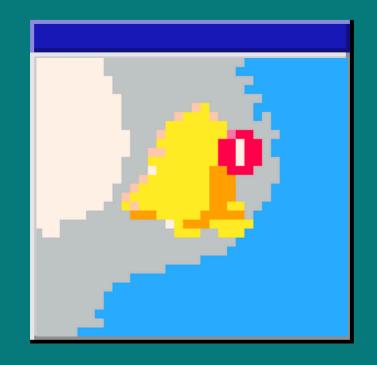
The Problem

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The Problem

The Rise of Social Media

Constant Notifications

Engagement Rather Than Fulfillment

Digital Wellbeing Tips and Ticks

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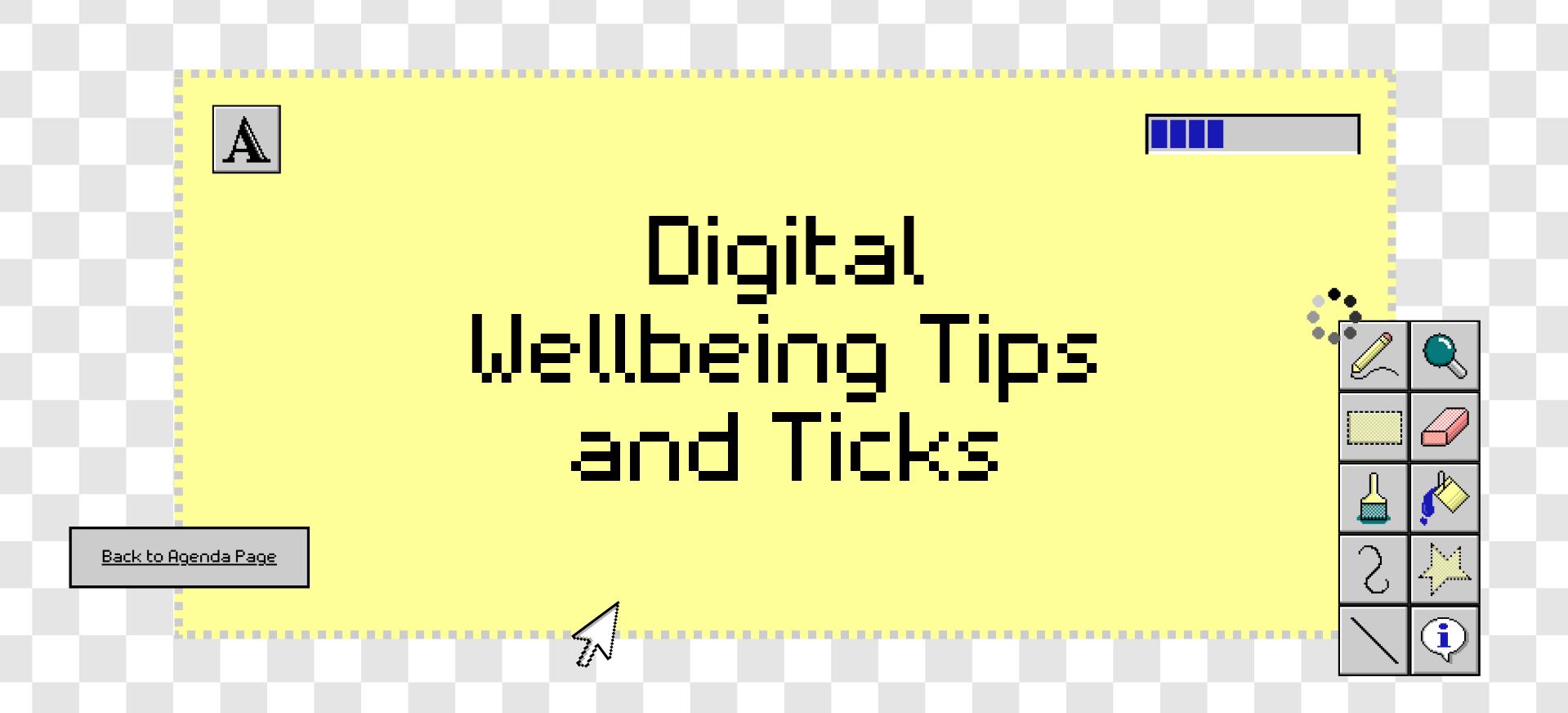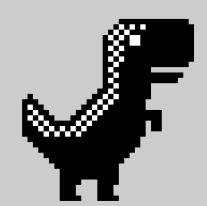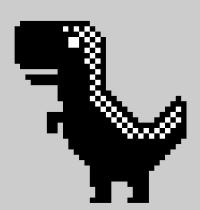
App Timers

Black and White Mode

Disabling None Essential Apps

Unplugging

Schedule screen-free time, use physical books, go analog for a little!

Toolkit and Finding Your Tools

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What Should Be In Your Toolkit?
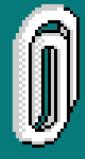
Digital Toolkit
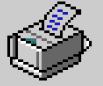
Search Engines

Open Source Resources
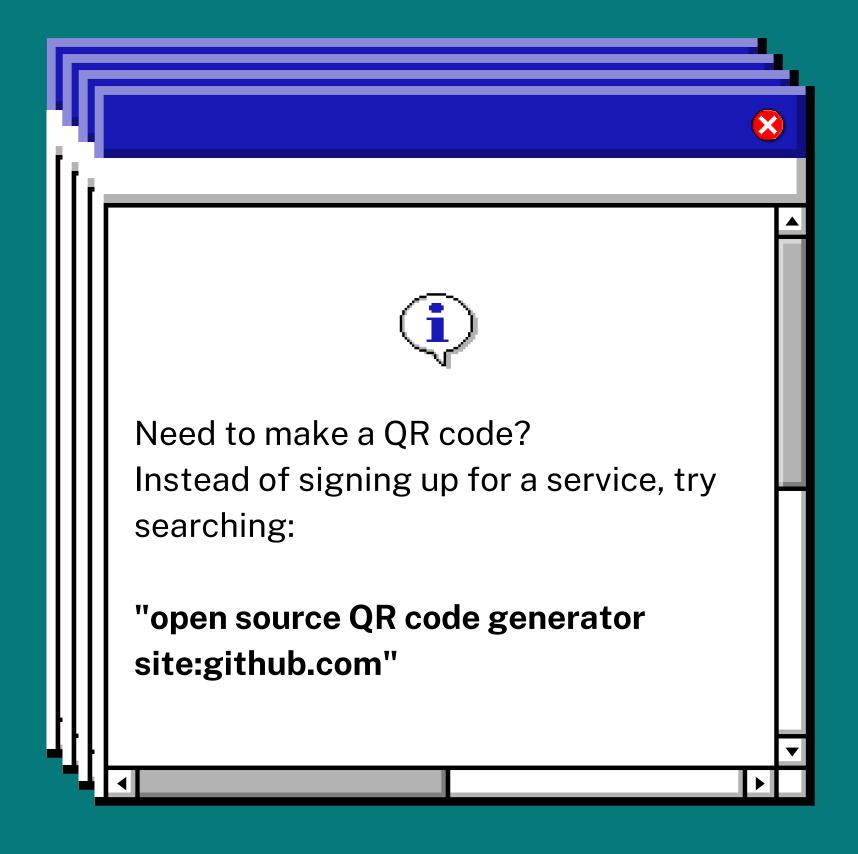
Document Creation Tools

Taking Advantage of Your Phone

Finding Your Tools

You already use tools like Google or Word. But there's a world of lesser-known tools that can help you do more with less.
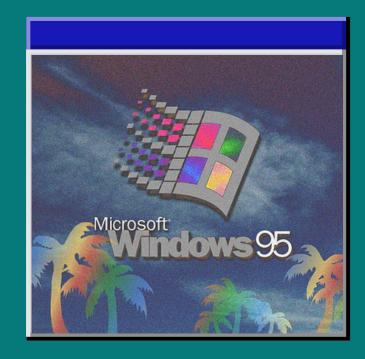
Need to make a QR code?
Instead of signing up for a service, try searching:

"open source QR code generator site:github.com"

Why Open Source Matters

Free and accessible

Open source tools are available to everyone, regardless of budget.

Community-driven innovation

These tools are built and improved by global communities of developers and users.

Great for learning and customization

You can explore the code, modify it, and even contribute back.

Vision

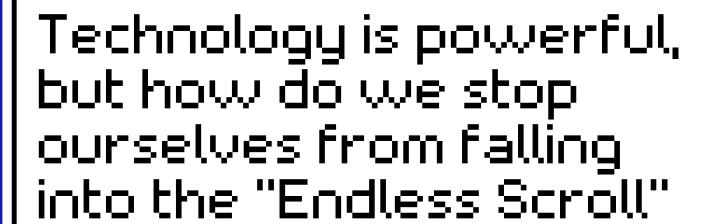Technology is powerful, but how do we stop ourselves from falling into the "Endless Scroll"

- Be Intentional
- Curate Your Tools
- Take Back Your Time

Thank you!

Use Technology Don't Let It Use You!!!