# Storyboard: Digital Well-Being in a Connected World for Remote Knowledge Worker (Working Title)

**Potential Course Title Ideas:**

* "Balancing Life in the Digital Age: A Guide for Remote Professionals"
* "Remote Work Reset: Strategies for Digital Well-Being and Productivity"
* "Work-Life Balance for Remote Workers: Thriving in a Digital World"

**Target Audience:**

* Remote knowledge workers who struggle with prolonged screen time, blurred work-life boundaries (due to the lack of physical separation between work and personal life), and an "always-on" culture.

**Duration:** Approx. 20-25 minutes, self-paced

**Learning Strategy**

This course uses storytelling, scenarios, role-playing, and reflective activities to engage remote knowledge workers and inspire behavior change. Learners identify with relatable challenges, apply strategies like digital detox and mindfulness in practical scenarios, and reflect on their progress. To drive lasting impact, the course includes downloadable templates, such as a "Digital Well-Being Plan," to help learners implement what they’ve learned.

**Learning Objectives (by the end of this course, learners will be able to):**

* Identify challenges that hinder digital well-being while working remotely.
* Apply digital detox and mindfulness strategies to improve focus and reduce stress.
* Evaluate the effectiveness of resilience-building habits for maintaining a healthy work-life balance.

**Introduction:** **Introduce the course and set learner expectations.** *[Total 1 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  1    | **Title:** "Digital Well-Being for Remote Knowledge Workers"**Body:** "Remote work offers flexibility but also blurs the lines between work and life. This course will guide you in identifying challenges, applying digital detox strategies, and building habits for better well-being."**Note:** This course includes audio. You can toggle the audio ON/OFF if needed.**Visual:** Professional graphic of a remote worker at a desk (from iSpring Content Library).**Call-to-Action Button:** "Start Now!"  | Include fade-in animation for text.Add a "Start" button to navigate to the next slide."Accordion" to expand sections summarizing the course structure.   |

**Learning Objectives:** **Clearly outline what learners will achieve.** *[Total 1 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  2    | **Title:** "By the end of this course, you will be able to"**Body:** 1. "Identify common challenges that hinder digital well-being while working remotely."
2. "Apply digital detox strategies and mindfulness techniques to improve focus and reduce stress."
3. "Evaluate the effectiveness of resilience-building habits for maintaining a healthy work-life balance."

**Visual:** Icons representing each objective (e.g., a lightbulb for identifying, a meditating figure for mindfulness, a checklist for evaluation). | Use an iSpring interaction (e.g., Pyramid) to make objectives expandable (mimic the levels of Bloom's Taxonomy).  |

**Relating to Challenges:** **Help learners identify challenges they face.** *[Total 5 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  3    | **Title:** " Meet Alex, a remote worker."**Body:** "Alex’s job allows them to work from anywhere, but their well-being is suffering. Let’s take a look at Alex’s day and identify what might be going wrong."**Visual:** Illustration of Alex juggling a laptop, phone, and coffee mug. | Use a relatable, professional image from iSpring Content Library.  |
| 4 | **Title:** "What challenges does Alex face?"**Scenario Example:** Meet Alex, a remote worker. Alex enjoys the freedom of working from anywhere. No commute. No office distractions. Sounds great, right?"But something’s off."Morning. The alarm rings. Alex instinctively reaches for their phone—just a quick check of emails. But before they know it, breakfast is over, and that morning walk? Skipped again.Midday. Another meeting. Then another. Then another. By the time Alex remembers lunch, there’s only a few minutes to grab a bite—at their desk, multitasking between emails and chat notifications."Evening. The workday should be over. But it’s not. Slack keeps buzzing. One more message. One more task. One more hour. Meanwhile, Netflix plays in the background, but Alex isn’t really watching. Their mind is still at work.Wait… wasn’t remote work supposed to offer more balance, not less? Something isn’t right.What’s happening in Alex’s day that’s leading to this constant cycle of stress and exhaustion?  | Use iSpring’s "Timeline" interaction. |
| 5 | **Title:** "Key Challenges"**Body:** "1. Alex struggles with blurred boundaries, such as responding to work emails during breakfast, which disrupts personal routines.""2. Skipping breaks during the day, like eating lunch at the desk, leads to both physical and mental fatigue.""3. Over-reliance on multitasking, such as watching Netflix while replying to Slack messages, prevents Alex from fully disconnecting."**Visual:** A combination of the screenshot of Alex's day with hotspots summarizing the challenges. | Use iSpring's "labeled graphic". |

**Digital Detox Strategies:** **Teach learners actionable strategies.** *[Total 8 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  6    | **Title:** "What is Digital Detox?"**Body:** "A digital detox involves intentionally disconnecting from digital devices to lower stress and improve focus. Here’s how you can do it step-by-step:1. **Set Boundaries:** Establish clear work hours and communicate them to your team. For example, no work emails after 6 PM.
2. **Turn Off Notifications:** Use 'Do Not Disturb' mode on your devices during focus times or personal hours.
3. **Incorporate Mindfulness:** Schedule small breaks to practice deep breathing, meditation, or simply step away from screens for a walk.

**Note:** "These small, actionable steps can help create space for better focus and overall well-being."**Visual:** Icons of a phone with a "Do Not Disturb" sign and a meditating figure. | Use iSpring’s "Tabs" interaction for structured explanation.  |
| 7 | **Title:** "Help Alex Make Better Choices"**Body:** "Scenario: Alex receives Slack messages during dinner. What should Alex do?"* **Option 1:** "Reply immediately and risk disrupting dinner."
* **Option 2:** "Mute notifications and enjoy dinner."
* **Option 3:** "Communicate work hours clearly to the team."

**Feedback:** Options 2 and 3 are better for well-being because they align with effective digital detox strategies. Muting notifications during dinner (Option 2) helps establish clear boundaries by separating work from personal time, reducing stress and improving focus. Communicating work hours to the team (Option 3) fosters mutual respect for personal time and ensures a healthier work-life balance.**Visual:** Alex at the dinner table with Slack notifications popping up. | Use iSpring’s "Role-Playing" interaction. |
| 8 | **Title:** "Try a Mindfulness Minute"**Body:** "This exercise is designed to help you take a moment to reset and refocus during a busy day. Guided by calming instructions and background music, it can reduce stress and improve clarity.If you’re able, take a moment now to do this exercise with the audio guidance provided.If now isn’t the right time, you can skip this step for now but revisit it later when it’s more convenient.""Steps for the exercise are as follows:"  "Step 1: Sit comfortably and close your eyes. Step 2: Take a deep breath in for 3 seconds, hold it for 3 seconds, exhale for 3 seconds, and hold it for 3 seconds. Step 3: Repeat for one minute, focusing only on your breath.Notice how you feel after this exercise."**Guided Meditation Script (1-1.5 minutes):** Welcome to this mindfulness minute. Let’s take this time to reset and focus. Please sit comfortably, with your back straight but relaxed, and if you’re able, gently close your eyes.This breathing exercise involves four equal steps: Breathe in through your nose for three seconds… hold for three… exhale slowly through your mouth for three… and hold again for three.Let’s begin together:Breathe in... two... three... Hold... two... three... Exhale... two... three... Hold... two... three...As you continue this rhythm, focus on how your body feels with each breath. Let your breath guide you into a state of calm and clarity.If your mind begins to wander, that’s okay. Simply bring your attention back to the steady flow of your breath.When you’re ready, gently open your eyes or bring your awareness back to the present moment. Take note of how you feel—calmer, more relaxed, and refreshed.**Visual:** GIF for box breathing technique. | Embed audio for guided breathing. Include a button to allow learners to control when to start the exercise, providing flexibility for those who may not be able to complete it immediately. Give the learner the option to view the script for accessibility. |
| 9 | **Title:** "What Will You Try?"**Body:** "Which of the following digital detox strategies resonates most with you? Drag and drop one or more to your digital detox action plan for this week."1. Structured Work Schedule
2. The Pomodoro Technique
3. Turn Off Non-Essential Notifications
4. Website Blockers
5. Take Offline Breaks
6. Digital-Free Zones
7. Declutter Your Digital Workspace
8. Practice "Single-Tasking"
9. Reward yourself with small breaks for staying focused
10. Keep a physical notebook for task tracking

**Visual:**Something to represent action plan | iSpring "Drag-and-Drop" interaction |

**Resilience-Building Habits:** **Foster long-term behavior change through habit evaluation.** *[Total 8 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
| 10 | **Title:** "Building Resilience with Healthy Habits"**Body:*** **Time-Blocking:** Schedule focused work periods and regular breaks to maintain productivity and avoid burnout.
	+ **Example:** Use the Pomodoro technique—work for 25 minutes and take a 5-minute break.
* **Setting Boundaries:** Define clear work hours and communicate them to your team to protect personal time.
	+ **Example:** Set "Do Not Disturb" on work apps after 6 PM.
* **Creating a Routine:** Establish rituals to start and end your day, such as a morning walk or a digital shutdown in the evening.
	+ **Example:** Begin your day with a 10-minute walk to energize your mind.
* **Prioritize Sleep:** Develop a consistent sleep schedule and wind down before bed by limiting screen time.
	+ **Example:** Turn off all devices 30 minutes before bedtime to promote better rest.
* **Engage in Physical Activity:** Incorporate regular exercise to reduce stress and improve energy levels.
	+ **Example:** Add 15 minutes of stretching or yoga to your lunch break.
* **Set Daily Intentions:** Begin each day by identifying one or two key priorities to maintain focus and clarity.
	+ **Example:** Write a sticky note with your top goals for the day and place it in your workspace.

**Visual:** Infographic-style visual. | Use iSpring’s "Tabs" or "Accordion" interaction. |
| 11 | **Title:** "Evaluate Alex’s New Routine"**Body:*** Alex starts the day with a 10-minute walk as a virtual commute, even though they work from home.
* Alex incorporates mini breaks into their day by working intensively for 2 hours and then taking a 5-minute break.
* Alex RSVPs to any Zoom meeting invitations, making themselves available for others' requests.
* Alex mutes all work notifications after 6 PM to hang out and watch Netflix with family and friends.

**Question:** "How effective are these habits? Rate each one on a scale of 1–5." | Use iSpring’s "Liker Scale" for interactivity. |
| 12    | **Title:** "Help Alex Improve Their New Routine"**Body:** You may have rate some of Alex's new routine not effective at all or somehow effective. Type in your suggestions on how to improve the following routine for Alex.* Alex incorporates mini breaks into their day by working intensively for 2 hours and then taking a 5-minute break.
	+ **Feedback for suggestion:** Encourage shorter, more frequent breaks to maintain better focus and reduce fatigue. For example, adopt the Pomodoro technique by working for 25 minutes followed by a 5-minute break. This helps sustain productivity and prevents mental exhaustion over longer periods.
* Alex RSVPs to any Zoom meeting invitations, making themselves available for others' requests.
	+ **Feedback for suggestions:** Implement a prioritization system to evaluate which meetings are necessary. Alex can RSVP only to meetings that align with their goals or where their input is critical, while declining or proposing asynchronous updates for others. This preserves time for focused work and avoids overcommitment.
* Alex mutes all work notifications after 6 PM to hang out and watch Netflix with family and friends."
	+ **Feedback for suggestion:** Instead of just muting notifications, Alex could set a "digital-free" zone during family time to fully disconnect from screens. They could replace passive activities like watching Netflix with engaging ones such as playing board games, cooking together, or having meaningful conversations to strengthen relationships.
 | iSpring "Short Answer" questions with feedback. |

**Quiz:** **Assess learner understanding of strategies and behaviors.** *[Total 4 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  13   | **Scenario-based Question**Alex receives an email marked urgent after work hours. What should Alex do1. Ignore the email completely

**Feedback:** Ignoring the email entirely could result in missing an important issue that genuinely needs attention, which might create problems later.1. Respond immediately to the email

**Feedback:** Responding immediately disrupts personal time and sets the expectation of being available after hours, which hinders work-life balance.1. Evaluate the email’s urgency and respond only if critical (Correct Answer)

**Feedback:** Evaluating the urgency before responding ensures that Alex balances work priorities with personal boundaries, addressing only truly critical matters after hours.1. Forward the email to a teammate to handle

**Feedback:** Forwarding the email without understanding its urgency might put unnecessary pressure on teammates or fail to resolve the issue efficiently. | Use iSpring Quiz Maker for questions outlined in the storyboard.  |
| 14 | **Drag and Drop question** Alex mutes work notifications after 6 PM but still feels drained. Drag and drop the solutions into the blank to improve Alex's routine:* **Suggestion 1:** Create a "\_\_\_\_\_\_" where no work devices are allowed during personal time. This encourages full disconnection from work.
* **Suggestion 2:** Replace passive activities like watching Netflix with \_\_\_\_\_\_ , such as cooking, playing board games, or meaningful conversations with family and friends.
* **Suggestion 3:** Schedule "\_\_\_\_\_\_" during the day to reset and recharge. For example, include a short mindfulness exercise or a walk outdoors to regain focus.

**Feedback for Correct Suggestions:*** **Digital-Free Zones:** Setting a digital-free zone strengthens boundaries and creates a true separation between work and personal life.
* **Engaging Family Activities:** Replacing passive activities with engaging ones promotes connection, relaxation, and better mental health.
* **Intentional Breaks:** Taking mini breaks reduces stress and improve overall focus and productivity.
 |  |

**Summary:** **Highlight key takeaways.** *[Total 1 minute]*

|  |  |  |
| --- | --- | --- |
| Slide number  | On screen text/visual | Developer notes  |
|  15    | **Key Takeaways:*** Understand the common challenges remote workers face, such as blurred boundaries and digital fatigue.
* Apply actionable digital detox strategies, including setting boundaries, turning off notifications, and practicing mindfulness.
* Build resilience with long-term habits, like time-blocking, creating routines, and prioritizing self-care.

**Motivational Call-to-Action:** "Take one small step today for better digital well-being!"**Visuals:** Engaging infographic-style layout summarizing content. | Summarize challenges, strategies, and habits with clean infographics. |