



Digital downtime

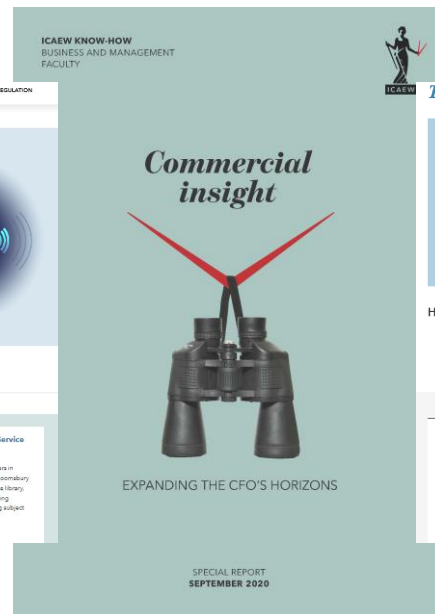
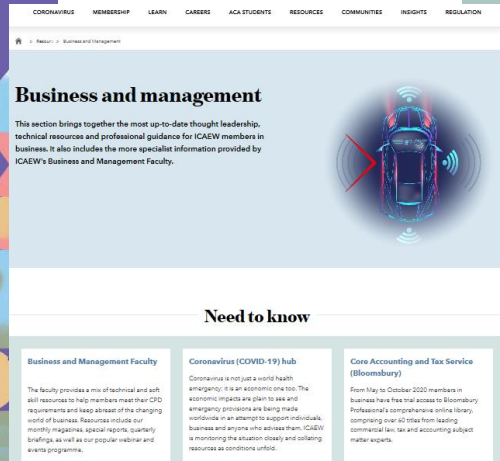
LUCY WHITEHALL

Today's presenters



Lucy Whitehall

Business and Management Faculty



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CABA with you for life

WHO WE SUPPORT



ACA
STUDENTS



ICAEW
MEMBERS



FORMER
ICAEW MEMBERS



CAREER
BREAKERS



THEIR
FAMILIES

DISCOVER CABA

The right advice and support for you



**EMOTIONAL
SUPPORT**



**HEALTH &
CARER SUPPORT**



**FINANCIAL
ASSISTANCE**



**DEBT
ADVICE**



**CAREER
DEVELOPMENT
SUPPORT**



**LEGAL
ADVICE**

OUR SERVICES



Free



Impartial



**Strictly
confidential**

WHY WE SUPPORT FIRMS & BUSINESSES



Supporting Firms & Businesses achieve their wellbeing potential



Positively impacts employees wellbeing and gives access to CABA support resources.

CURRENT SUPPORT

www.caba.org.uk/coronavirus

cabamywellbeing.org.uk



COVID-19: MOVING FORWARD, TOGETHER



Looking ahead with confidence

ADAPTING TO NEW CHALLENGES

We've all been affected by the Covid-19 pandemic in some way: significant changes to our day-to-day life, career plans on hold, economic insecurity, fear for our health and the health of our friends and family and, for some, having to cope with the unimaginable grief of losing loved ones.

While some parts of our lives have begun to feel more familiar, changes to the way we travel, work and interact with others may be with us for a while longer. And, we are still unsure about the long-term impact of the crisis. Adjusting to this 'new normal', in which the future seems uncertain, is a big challenge for our mental wellbeing.

Returning to the workplace is a particular source of anxiety for many. After months of social distancing, the idea of commuting and working in an office again may be nerve-wracking. And after adjusting to working from home many people are anxious to maintain their new work-life blend.

The accountancy sector has been one of the many industries hit hard by the economic fall out of the pandemic. Small business owners have had to adjust to a downturn in demand. Large firms have been forced to cut pay, reduce hours, freeze promotions and make redundancies. And as government efforts to support businesses through the crisis come to an end, the number of jobs lost is likely to increase.

The Covid-19 pandemic continues to pose new challenges, that make the weeks, months, even years ahead seem uncertain. But we'll be here to support you, every step of the way.

LET US HELP

Whether you're dealing with the impact of the immense challenges the last few months have brought, facing new challenges, or apprehensive about how to move forward, you don't have to face anything by yourself. We're here to help.

Click on the buttons below to explore the range of free services and self-help resources available to you and your family.



YOUR MENTAL WELLBEING

- Discover strategies to help you adapt to the 'new normal'
- Learn how you can support children with anxiety, frustration and anger
- Find ways to cope with uncertainty, anxiety and stress
- Take control of worrying or negative thoughts
- Understand and manage your emotions

[CLICK HERE TO LEARN MORE](#)



YOUR FINANCIAL WELLBEING

- Take the pressure off with a monthly grant or one-off donation
- Learn how to budget, manage debt, save, prioritise and

CONTACT US

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DIGITAL DOWNTIME

STRIKING THE RIGHT BALANCE

HOW WE'LL WORK TOGETHER TODAY

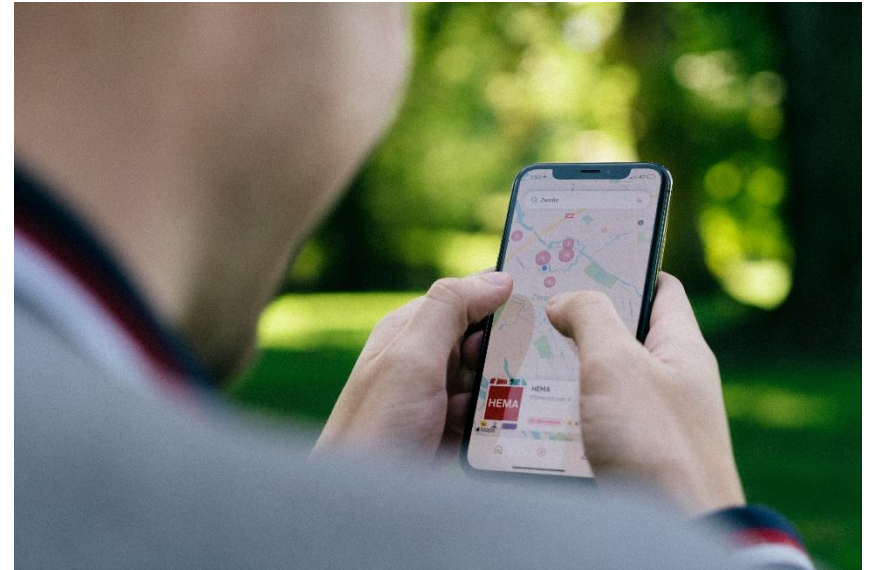
- ✓ Please turn off distractions
- ✓ Your audio & video settings today
- ✓ Chat box and asking questions



LET'S DISCUSS

- Explore some research on digital device usage
- Recognise where smart phones help and hinder our experience of life
- What do we know about online working?

WHAT IS YOUR TECH RELATIONSHIP LIKE?



STEVE JOBS

'Every once in a while, a revolutionary product comes along that changes everything.'



UK STATS

- ✓ We spend on average 3hrs 15mins per day on our phones
- ✓ We pick up our phone 58 times a day
- ✓ Over 33% UK adults look at phones within 5 mins waking



THE IMPACT OF DEVICE USAGE

PHYSICAL

- ✓ Text neck
- ✓ Eye fatigue
- ✓ Increased germ exposure
- ✓ Decrease in sleep quality & quantity

PSYCHOLOGICAL

- ✓ Depression & anxiety
- ✓ Negative impact on relationships
- ✓ Decrease in capacity for 'flow'
- ✓ Creativity decreases

SOCIAL MEDIA & WELLBEING



A LOVE/HATE RELATIONSHIP?



TECHNOLOGY HIJACKS OUR AGENCY

- Social approval
- Social reciprocity
- Auto-refill
- Inconvenient choices



ZOOM FATIGUE: FACT OR FICTION?



IDEAS TO COMBAT ZOOM FATIGUE

- ✓ What does this meeting need?
- ✓ If it needs video conferencing; agree needs of everyone in the virtual 'room'
- ✓ Video on only when speaking
- ✓ Increase number of screen/refreshment breaks
- ✓ Can you have a day or half day each week that is a video free zone?
- ✓ Switch to the phone conference for meetings of 2 – 5 people

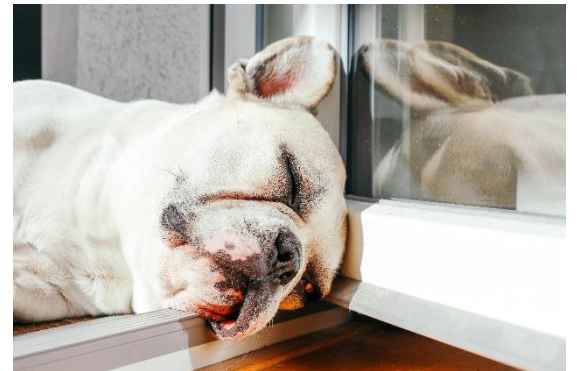
PAYING ATTENTION



CONSIDERING AN ALTERNATIVE RELATIONSHIP WITH YOUR PHONE



CAL NEWPORT



A NEW RELATIONSHIP

- ✓ Take notes
- ✓ Remember there is no judgement
- ✓ Seek further instructions
- ✓ Start with personal use
- ✓ Tell people and invite them
- ✓ Avoid the 'all or nothing' approach
- ✓ Schedule alternatives



Upcoming BAM webinars

60 minute webinars – 10.00am

Modern slavery: how to prepare a s54 statement
17 March

Using scenario planning to navigate uncertainty
14 April

Business resilience
27 April

Skills to future proof your career
5 May

Economic update
9 June

Building an innovative team
7 July

An introduction to machine learning
28 September

20 minute webinars – 12.30pm

Motivating your team: A three-pronged approach
24 March

Data valuation: the key to more value creation
26 April

Managing bribery and corruption in a downturn
12 May

*Why You? 101 job interview questions you'll never
fear again*
21 September

Online learning – 10.00am

Get the job you want
14 September

icaew.com/bamevents

Thank you for attending

Contact the Business & Management Faculty

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Upcoming Business & Management webinars

icaew.com/bamevents

