



Internet Mindfulness

Your digital footprint is the record or trail of everything you do online. Your social media accounts and activity, personal blogs or websites, your browsing history, your online subscriptions, forum comments, any photos and videos you've uploaded: anything and everything on the Internet with your name on it. Luckily, most of the places that store your personal information (like Facebook) can be tweaked, so we share only certain things with the general public. Let's explore that and other tips to help you manage your digital footprint.

Use A Password Keeper: It's hard to remember 10 different passwords, let alone more for all of your social sites, apps, and online services, and every site has their own unique rules, so a password keeper can be valuable.

Use A Second Email: When communicating with someone new or signing up for a new website, it can be useful to have a second email. Avoid using your primary email for anything other than critical communications to avoid receiving spam mail and other unwanted mail.

Posting is Forever: When you send a message or make a post online, you're publishing the same way news outlets do. The Internet never forgets. Just because you delete a post doesn't mean it's gone. Anyone can save your image or screen grab your post to share anytime.

Don't Over-share: Don't post anything that would help others steal your identity - no usernames, physical addresses, etc. Also avoid posting major purchases, travel plans, or other details that criminals might use.

Google Yourself: There may be info about you online that you aren't aware of. Some sites alert you to whether or not your info has been hacked and is available for others, which can help track old accounts that need to be deleted.

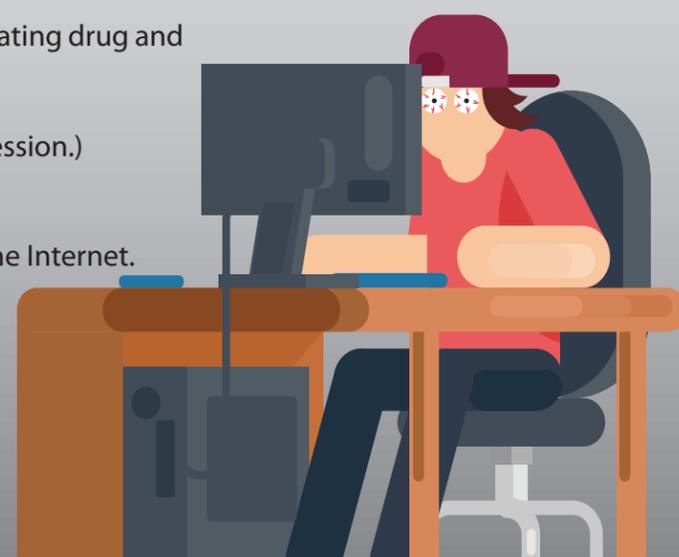
Understand That Searches Are Social: Facebook records search data. Google does the same with browsing info. Look into private browsers or search engines with stricter privacy policies if you don't want your searches shared.

Privacy Settings: You should always read the "Privacy" page for the devices, accounts, and services you use to see how your info is being collected, stored, and shared. Most sites allow you to choose your privacy settings and most apps can be denied access to all or some of your data.

Internet Addiction

Internet addiction is described as an impulse control disorder which does not involve use of an intoxicating drug and is very similar to pathological gambling. Signs of Internet addiction include the following:

- Preoccupation with the Internet. (Thoughts about on-line activity/anticipation of the next on-line session.)
- Use of the Internet in increasing amounts of time in order to achieve satisfaction.
- Repeated, unsuccessful efforts to control, cut back, or stop Internet use.
- Feelings of restlessness, moodiness, depression or irritability when attempting to cut down use of the Internet.
- On-line longer than originally intended.
- Jeopardized or risked loss of significant relationships, educational, or career opportunities due to Internet use.
- Lies to family members, therapist, or others to conceal the extent of involvement with the Internet.
- Use of the Internet as a way to escape from problems or to relieve a dysphoric mood.



Sources:

Employee Resources. (n.d.). Retrieved July 31, 2017, from <https://mines.personaladvantage.com/welcome.jsp>