



Self-Care in the Technological Age

2020 Governor's Conference on Volunteerism

Tuesday, June 23, 2020

Volunteer NH hosts the annual **Governor's Conference on Volunteerism** in partnership with the Governor's Office.

The purpose of the conference is to educate, enhance skills, and provide professional development that will support and strengthen New Hampshire's volunteer programs and organizations.

Learn more by visiting VolunteerNH.org

Technology Use Poll

When are you most likely to check your social media?

- 45 Usually a couple time a day
- 21 I live on social media
- 9 Once a day
- 5 Only when I get alerts
- 4 I don't have social media

Where has your internet usage increased the most since March of 2020?

- 45 Meeting websites for work
- 14 Chat/text or meeting features for maintaining contact with friends and family
- 12 Social media
- 11 News websites
- 4 My internet usage hasn't increased

For which of the following reasons do you use apps? (name all that apply)

- 62 Music
- 57 Scheduling and reminders
- 36 Fitness tracking
- 21 Relaxation
- 20 Gaming
- 10 Sleep
- 5 Hydration
- 27 Other (see chat transcript for specifics)