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| ISSN 0176-9418

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ZEITSCHRIFT FÜR MEDIENPÄDAGOGIK

Frank M. Schneider/Annabell Halfmann: Digitales Wohlbefinden und Salutogenese

Beitrag aus Heft »2019/01 Medien, Wohlbefinden, gelingendes Leben«

In Zeiten, in denen wir über Mobilgeräte permanent online und mit anderen verbunden sein können, stellt sich die Frage, ob das permanente Online-Sein ein gutes Leben fördert oder erschwert. Der Fokus liegt hierbei auf den gesundheitsfördernden und vorbeugenden Aspekten der Salutogenese1 und auf der achtsamen, selbstkontrollierten und sinnstiftenden Nutzung der Onlinemedien.

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