

Protect your brain from technostress!

**DID YOU KNOW?**

Did you know that it's important to keep a healthy balance in how often you use your smartphone? Studies have shown that using your smartphone too much can lead to psychological and medical problems, such as having trouble sleeping.

Do you ever feel stressed by technology or by the social consequences of technology? Maybe you feel like you always need to check your phone, just in case your friends want to reach you. Or maybe you feel stressed if you haven't posted anything on social media in a while. The stress caused by interacting with technology in an unhealthy way is called 'technostress'. In this DIY assignment you will learn what technostress is and how you can deal with it.

ASSIGNMENT 1

Stress is not always a bad thing. When we are in a dangerous situation, stress can help us survive. When we experience stress, our body starts making so-called 'stress hormones'. These hormones do all kinds of things in our body. They help us focus for example, so that we can better assess the situation.

Can you think of two other ways in which stress can help us in a difficult or dangerous situation?

Experiencing stress every now and then and for a short period of time is generally not a problem. When we experience it often or for a long time, it can become a problem. Stress hormones can cause physical and psychological problems if our body produces too many of them.

Can you think of two negative effects of stress on our mind or body?

ASSIGNMENT 2

There are ways to protect your brain against stress. Watch [this video](#) and write down the four main ways to protect your brain mentioned in the video.

1.

2.

3.

4.

ASSIGNMENT 3

Technology can sometimes cause stress, but it can also help us relieve stress. Many apps exist that can help us with one of the four ways to prevent stress. Use your smartphone to find free apps that can help prevent stress. Find at least one for each of the four main ways to protect your brain.

1.

2.

3.

4.

Which of the apps you've found appeals to you most? Choose one to explore further and explain why.

I choose _____ because _____

ASSIGNMENT 4

Explore the app you've chosen and answer the following questions.

How can you use this app in your day-to-day life?

How can it reduce or prevent stress?

Can this app have any other positive effects?

ASSIGNMENT 5

Make an infographic about this app for someone your age who is dealing with stress. Show them why they should use this app and how it can help protect their brain from the negative effects of stress.

You can make your infographic using pencils, markers, and (A3) paper or you can use the online tool [Canva](https://www.canva.com) to easily make a digital infographic. Go to the website, type 'infographic' in the search bar and click the first result to start working. You can choose to start with a template and adjust the information, or create your own design.

DID YOU KNOW?

Did you know that one of the causes of technostress is the speed of technological development? New technologies get developed so quickly that some people experience stress because they can't keep up.