

Don't be a Techno-Stress Victim

What is Techno-stress?

Techno-stress is what happens when you become overwhelmed by the technology that should be serving you rather than the other way around!



What are the signs of techno-stress?

- Compulsion to check email every few minutes.
- Feelings of separation anxiety if your smart phone is turned off.
- Feel an urgency to respond to electronic requests immediately.
- Wake up in the middle of the night checking your email.

The four kinds of techno-stress

- 1. Overload** - You are constantly sitting in front of your computer or checking your smart phone.
- 2. Invasion** - You feel you must be constantly connected.
- 3. Complexity** - You spend more time learning your technology than using it.
- 4. Uncertainty** - You are consumed with having the latest and greatest gadget.

How to develop techno-resilience



- Turn off notification sounds and experiment with checking your email 4 or 5 times a day rather than 4 or 5 times an hour.
- Turn off your smart phone for an hour at a time and see if you are more productive at work and at home.
- Change your ring tones to make sure they don't jolt you or others who may hear it.
- If you do not know how to use your smartphone or software, find someone who can teach you so you don't spend all your time figuring it out.
- Use auto-responders on your email to alert people to your schedule and when you'll respond to their requests.
- Have a "technology free" day one time per month to see if you can be more efficient.