### Case Study

Imagine you are like Marie, a first-year university student. Due to the COVID-19 pandemic, you've decided to leave campus and study from home. Despite having access to online resources and virtual lectures, you feel overwhelmed and stressed because the sudden transition to online learning is challenging. Spending hours in front of the computer, you often feel discouraged, struggling to concentrate and grasp the course material. Technostress and initial difficulties with online learning affect your motivation, and you doubt your ability to succeed.

**Solution:**

You are facing a challenge that requires a positive mindset and addressing technostress. Here are some steps you can take:

1. **Build Self-awareness:** Start by consciously observing yourself and your thinking patterns. Pay attention to how you react to various situations and challenges. If you notice negative thoughts or doubts, try to recognize and question them.
2. **Positive Self-talk:** Instead of self-criticism, practice positive self-talk. Tell yourself things like, "I can overcome these challenges and improve if I put in the effort."
3. **Develop Technological Competence:** Use training or resources to improve your handling of online tools and virtual learning. This will boost your confidence and reduce technostress.
4. **Set Goals:** Instead of feeling overwhelmed by the entirety of your studies, set clear, achievable goals. Plan to understand specific sections of the material or focus on a certain number of tasks.
5. **Take Breaks and Self-care:** Schedule regular breaks and allow time for self-care. This helps reduce technostress and promotes your mental health.
6. **Seek Support:** It's essential to seek support from peers, teachers, or a study advisor. They can offer valuable advice and support.
7. **Practice Gratitude and Resilience:** Practice gratitude by recognizing the positive aspects of online learning, such as flexibility and access to resources. This will help you develop a more positive attitude.