## Info sheet

**What is Technostress?**

Technostress is a term that refers to stress reactions and negative impacts that can arise from the use of digital technologies and the associated challenges. It represents a form of stress-related reactions caused by interaction with digital devices, applications, and the online world. Technostress can take various forms and have impacts on mental and physical health, as well as on productivity and well-being.

**What is Digital Self-Regulation?**

Digital self-regulation refers to the ability to consciously control one's use of digital technologies in order to maintain a healthy and balanced relationship with the digital world. It includes the ability to manage digital activities, screen time, and interaction with digital devices and applications in a way that aligns with one's own goals, values, and needs. Digital self-regulation enables the minimization of potentially negative impacts such as technostress while maximizing the benefits of digital technology.

**What are the Key Components of Digital Self-Regulation?**

1. **Awareness:** The ability to recognize one’s own behavior and the impacts of digital usage on physical and mental health.
2. **Self-reflection:** The ability to critically question one’s own behavior and understand which digital activities are beneficial and which may be harmful.
3. **Self-control:** The ability to resist temptations and steer digital usage in accordance with one’s own goals and values.
4. **Time Management:** Effective planning and management of screen time to ensure sufficient time for other activities such as learning, physical activity, and social interaction.
5. **Notification Control:** Adjusting notification settings to minimize distractions and increase focus.
6. **Avoidance of Multitasking:** Focusing on one task at a time to increase efficiency and reduce stress.
7. **Development of Digital Competencies:** Understanding and improving skills in handling digital technologies.

**What are the Developmental Approaches for Digital Self-Regulation for Students?**

The development of digital self-regulation is an important step in helping students minimize technostress and promote a healthy digital quality of life. It is a skill that can accompany them throughout their school education and beyond. The development of digital self-regulation in students can be approached in various ways:

1. **Education and Awareness:** Schools can offer programs and courses that teach students to recognize technostress and develop digital self-regulation strategies. This can take place within the curriculum.
2. **Role Modeling:** Teachers and parents can serve as role models by demonstrating conscious use of digital technologies themselves and showing students what digital self-regulation looks like in practice.
3. **Mindfulness Training:** Mindfulness techniques can help students handle digital technologies more consciously and focus on the moment without constantly being distracted by digital diversions.
4. **Self-Regulation Plans:** Students can develop personal self-regulation plans tailored to their individual needs and goals. These plans can include time management, notification control, and breaks.
5. **Open Communication:** Teachers and parents can openly discuss the challenges of the digital world with students, offering them a safe space to ask questions and seek support.