## Information Sheet

**What Does Health Mean in the Digital Age?**

Health in the digital age refers to the impact of modern technology and digital media on the physical and mental health of individuals. It encompasses the challenges arising from the increasing use of digital devices, social media, online activities, and screen time on physical health and well-being. It also includes the ability to use digital technologies consciously and in ways that promote health.

**What are Effective Strategies for Managing Physical Health in the Digital Age?**

1. **Time Management:** Schedule specific times for using digital devices and ensure breaks and rest times are included.
2. **Ergonomics:** Pay attention to proper sitting and screen posture to prevent back and neck problems.
3. **Screen Breaks:** Implement regular breaks to move, stretch, and relieve your eyes.
4. **Digital Detox:** Set screen-free time windows to recover and improve sleep quality.
5. **Exercise and Sports:** Integrate physical activity into your daily routine, be it through sports, walks, or outdoor activities.
6. **Healthy Eating:** Focus on a balanced diet and avoid excessive consumption of snacks in front of screens.

**What Technostressors Can Affect Physical Health in the Digital Age?**

1. **Screen Time:** Excessive screen time can lead to sleep disorders, eye strain, and lack of physical movement.
2. **Digital Addiction:** Dependence on digital devices can lead to social isolation and sleep problems.
3. **Constant Availability:** Being always reachable through smartphones can cause stress and lack of sleep.
4. **Information Overload:** The amount of information available through digital media can cause stress and overload.
5. **Online Conflicts and Cyberbullying:** Online conflicts and bullying can lead to mental stress and negative health impacts.

**How Can Technostressors Affecting Physical Health in the Digital Age be Effectively Reduced?**

1. **Self-Regulation:** Set clear rules for using digital devices and adhere to these rules.
2. **Digital Detox:** Consciously plan breaks from digital devices to recover.
3. **Digital Education:** Learn to critically deal with digital content and recognize misinformation.
4. **Health-Promoting Apps:** Use apps and technology that help in promoting your health, like fitness and sleep tracking apps.
5. **Social Interaction:** Regularly seek personal contact with friends and family to avoid social isolation.
6. **Mindfulness and Relaxation:** Learn relaxation techniques and mindfulness exercises to reduce stress.

**How Does Technology Affect Students' Physical Health?**

The impact of technology on students' physical health can be varied. Here are some of the most common effects:

1. **Sedentary Behavior and Lack of Movement:** Excessive time in front of screens, whether for studying, playing video games, or on social media, can lead to a sedentary lifestyle. This can promote obesity and increase the risk of health problems like heart disease, diabetes, and muscular imbalances.
2. **Sleep Disorders:** Using technology devices before bedtime can disrupt sleep, as the blue light from screens inhibits melatonin production. This can lead to sleep deprivation and disorders, negatively impacting physical and mental health.
3. **Posture Impairment:** Frequently bending over screens, especially with smartphones and tablets, can lead to poor posture and back and neck discomfort.
4. **Eye Problems:** Long staring at screens can cause eye strain, leading to dry eyes, headaches, and vision problems.