## Tasks for Students

**Task 1: Multiple-Choice Questions**

1. What is meant by technostress? a) A happy state when using digital technologies. b) The ability to use many different technologies at the same time. c) Stress caused by excessive use of digital technologies. d) The joy of using smartphones and computers.

**Solution:** c) Stress caused by excessive use of digital technologies.

1. Why is self-reflection important in dealing with digital technologies? a) To spend more time online. b) To increase stress. c) To make more conscious decisions and reduce technostress. d) To dedicate oneself more to social media.

**Solution:** c) To make more conscious decisions and reduce technostress.