Worksheet 1

How stressful is the technology used in everyday life? Note which situations caused feelings of stress and the typical triggers for each. Use the table below for this. Go through the entire day, considering the technology used at school. Were there any issues with the technology used? Did you experience stress due to conflicts on social networks? Are you distracted by receiving notifications from other activities? Did the "stress triggers" occur only once, or are there also "persistent stressors"? The table includes an example that you can use as a reference.

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| **Day of Week** | **Stress Situation** | **Trigger** | **Frequency** |
| Monday | I had to give a presentation, but the PowerPoint file wouldn't open | Unreliable technology | One-time |
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