## Worksheet

***Task 1: A case study to identify technostress***

Question: Read the following case study and identify the leading causes of technostress and possible support measures.

Case study: Sarah, 13, spends several hours daily on her smartphone and laptop. She uses social media intensively and chats with friends. Recently, she has been complaining about sleep problems and difficulty concentrating at school. Her grades have deteriorated, and she often feels stressed and overwhelmed.

**Solution: Main causes of technostress:**

1. excessive use of social media and digital devices.

2. lack of sleep and rest.

3. Constant networking and information overload.

Possible support measures:

1. educational workshops on the healthy use of digital media.

2. time management strategies to reduce screen time.

3. relaxation techniques and mindfulness exercises to reduce stress.

4. counseling sessions with a school psychologist.

***Task 2: Develop an action plan***

Question: Create a detailed action plan for schools to help children deal with technostress.

**Solution: Action plan to help children deal with technostress in schools**

1. create awareness and education

* Initiative: Organize information sessions and workshops for students, teachers and parents to raise awareness of technostress and its effects.
* Content: Information on what technostress is, how to recognize it and what long-term effects it can have.
* Frequency: At least once per semester.

2. integrative curriculum design

* Initiative: Integrate units on digital health and media literacy into relevant subjects.
* Goal: Enable students to use digital media consciously and responsibly.
* Methods: Interactive discussions, projects and case studies.

3. technology-free zones and times

* Initiative: Introduction of technology-free zones in the school, e.g. in the cafeteria or library, and fixed technology-free times.
* Goal: Encourage direct communication and interaction without digital distractions.

4. counseling and psychological support

* Initiative: Provide access to school psychologists or guidance counselors for students who show signs of technostress.
* Goal: Early intervention and support in coping with technostress.
* Methods: Individual interviews, group discussions and workshops.

5. parent education and involvement

* Initiative: Organization of parents' evenings and provision of information materials on the topic of technostress and digital health.
* Goal: Strengthening parental competence in dealing with technostress in their children.
* Methods: Lectures, discussions and handouts.

6. promotion of extracurricular activities

* Initiative: Support and promotion of sports and leisure activities that are not digitally related.
* Objective: To encourage a balanced lifestyle and reduce dependence on digital media.

7. regular evaluation and adaptation

* Initiative: Regular review and adjustment of measures through feedback from pupils, teachers and parents.
* Goal: Ensure strategies are effective and meet changing needs and challenges.

8. promotion of digital breaks and relaxation techniques

* Initiative: Introduce short breaks during lessons to get away from screens and guidance on relaxation techniques.
* Aim: to reduce stress and promote mental health.

***Task 3: Creative project***

Question: Design a creative project that addresses technostress in children and shows possible solutions.

**Solution: Project idea: "Digital Detox Day."**

* Concept: A day pupils consciously do without digital devices and participate in offline activities instead.
* Activities: Workshops on time management and mindfulness, sports activities, art projects, and group discussions about experiences with technostress.
* Aim: To raise awareness of the effects of technostress and provide practical strategies to reduce stress.
* Final presentation: Students present their experiences and findings through posters, presentations, or blogs.