

Navigating Digital Stress



We're more interconnected than ever with cell phones, laptops, apps and social media. There's so much information at our fingertips. You want to keep up! So you're constantly checking your phone – at practice, while you're doing homework, and at night when you should be asleep.

Some can handle this, but others experience what's called digital stress, which can negatively affect our minds and bodies. Digital stress is related to balancing the use of things like our phones, social media, screen time,

video games. It's important to notice how technology affects our health and well-being. It can alter sleep, mood, cause addictive behaviour, and hurt friendships.

Before Video

Prior to watching the video, you may wish to engage in a discussion about what "digital stress" is. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *When someone says "digital stress" what does that mean to you?*
2. *How many digital devices do you have in your house (cell phones, Ipads, laptops, game devices, for example)?*
3. *Which digital devices do you use the most?*
4. *How many hours a day do you use digital devices?*

You may also ask students to brainstorm positive ways that digital technology impacts our lives. You may also want to discuss with them some of the challenges digital technology has on daily life.

After Video

You may wish to discuss how much the students use digital technology in school (classroom, during lunch, school events) and outside of school (eg. home, friend's house, bus, etc). Reviewing the information with your students may spark deeper reflection. You may also want to ask how many digital devices are being used in the house by other family members. Here are some questions that may prompt further discussion:

1. *What are healthy ways we use digital technology?*
2. *What are some unhealthy ways we use digital technology?*
3. *Do you feel angry, sad or upset when you are not allowed to use your digital device? If yes, why do you think you feel this way?*
4. *If you have difficulty putting down your devices, what can you do or where do you think you can go for help?*

Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Line:** 1.800.668.6868 or text **CONNECT** to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. www.erase.gov.bc.ca
5. www.foundrybc.ca
6. www.keltymentalhealth.ca