

TECHNOSTRESS

3 Methods to change impact of technostress

METHODS

01

Take regular tech breaks-
Do things old-fashioned way.



Change in Working Process and Coping Mechanism



Enroll for Stress Management Program



02

Why select these methods

Effectiveness



Easy to follow and Time friendly



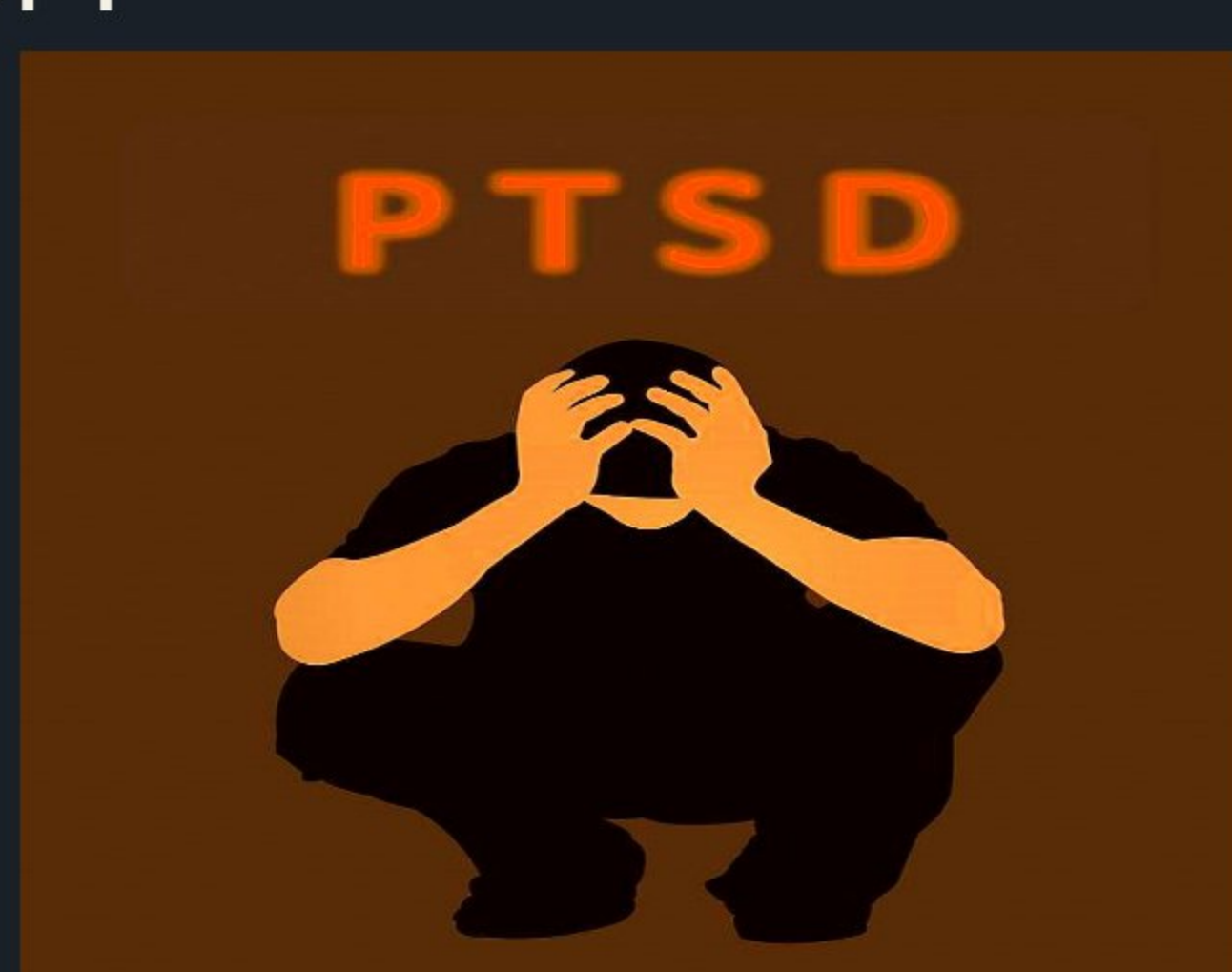
Less costly



CONCEPTS SUPPORTING THIS APPROACH

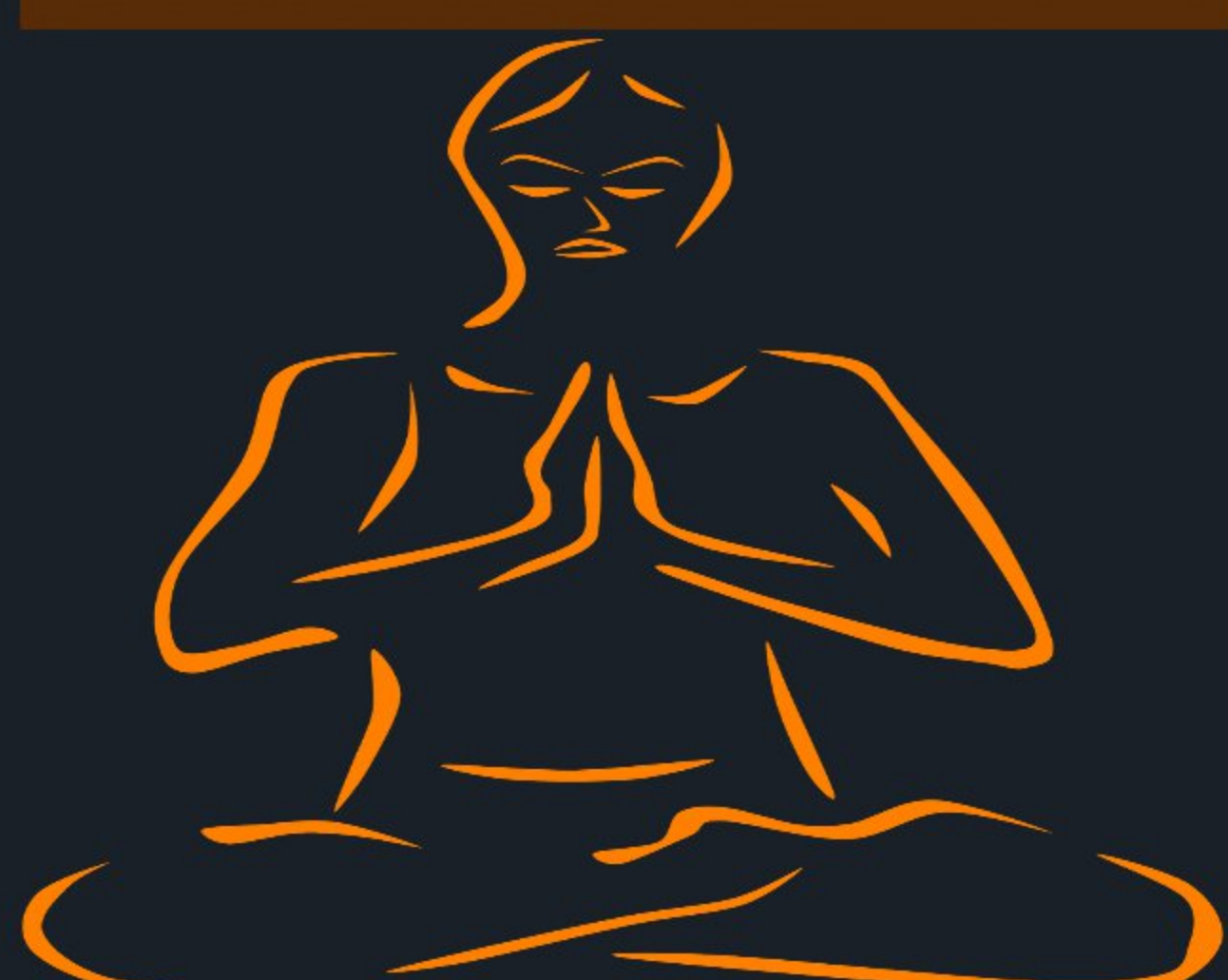
Post-Traumatic Stress Disorder

This concept supports the approach because technostress affects cognitive capabilities of people.



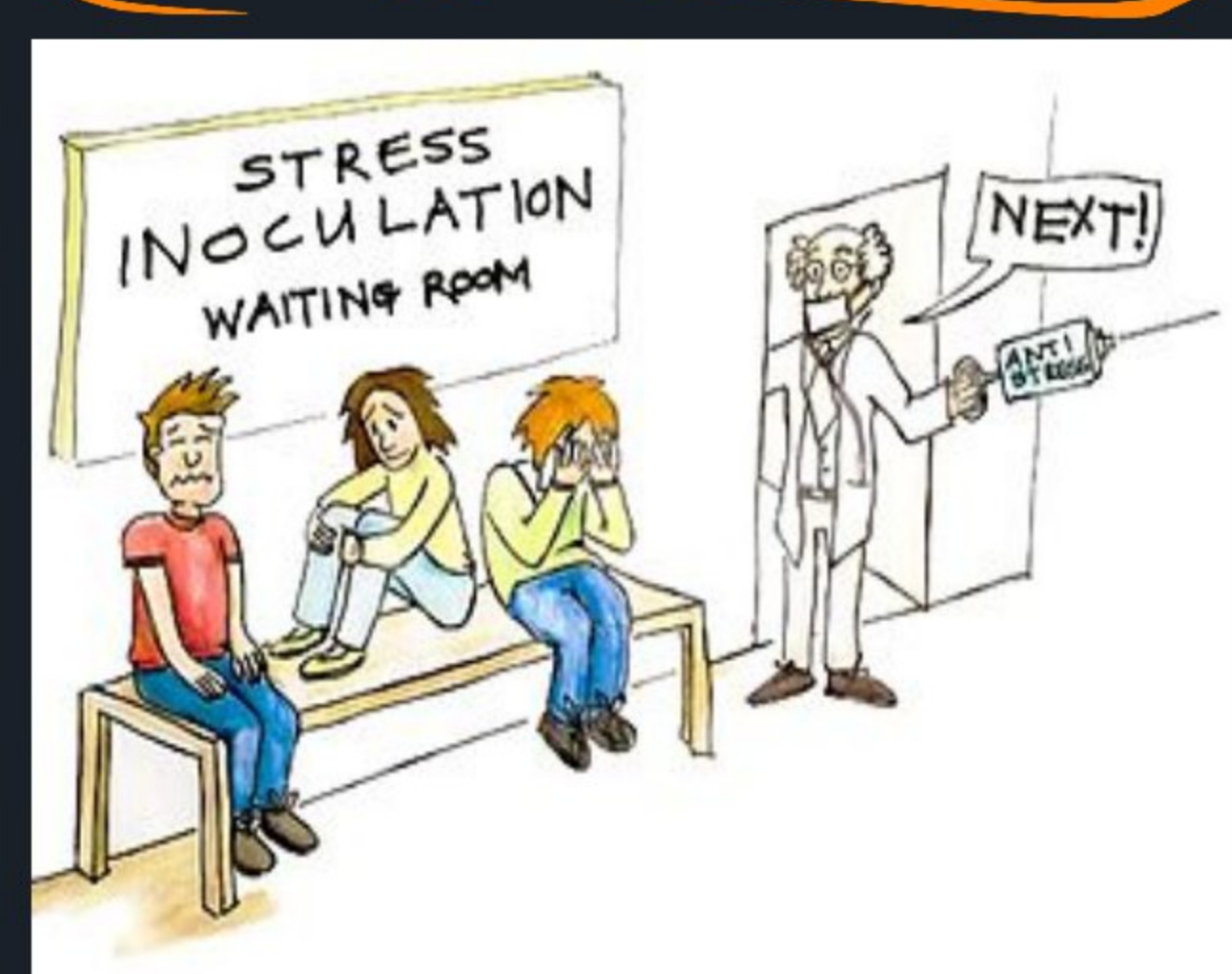
Relaxation response

The relaxation response, a primary result of meditation, is one of the most effective ways to combat stress.



Stress inoculation

Stress inoculation training (often abbreviated as SIT) is a form of cognitive behavioral therapy (CBT) for post-traumatic stress disorder (PTSD). CBT is a commonly used form of psychotherapy (talk therapy) that can help you recognize and change incorrect and/or negative thoughts



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