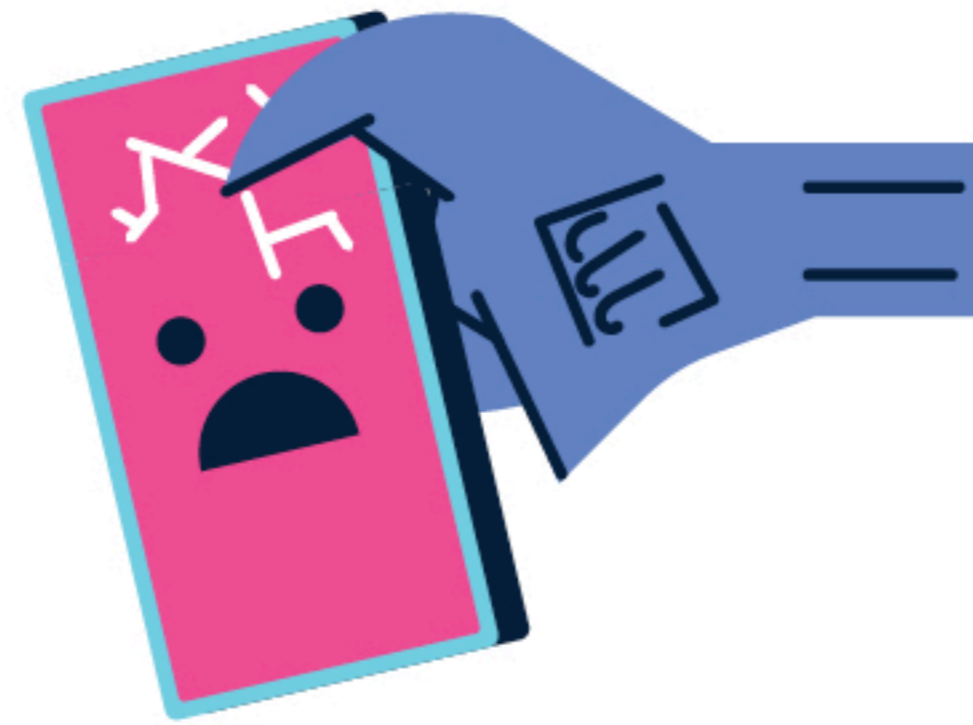# Worksheet 1.3
## Digital Stress Reflection

Digital stress means stress that we have from using digital devices (e.g. smartphones, laptops, tablets, game consoles, etc.) and digital media (e.g. social media, online games, messenger apps, etc.).

Read through the statements and tick the box next to each statement that you feel is true of you. Don't worry – you won't have to share your score or your specific responses with anyone.

1. I find it stressful to go a long time (for example during school or class time) without checking my phone/social media/messages. ☐

2. I could not guess how much time I spend playing online games in a week. ☐

3. I have been late to meet my friends or family because I was checking social media, chatting online or playing games. ☐

4. I have been late for school/class because I was checking social media, chatting online or playing games. ☐

5. I have thought that I heard or felt a notification (new post, like, reply, message, etc.) from my phone that wasn't really there. ☐

6. I often play games or check my social media when my parents think I am asleep. ☐

7. I keep track of how many photos or posts I am tagged in. ☐

8. I have taken down a post because it didn't get enough likes. ☐

9. I have checked what other people are posting about an event (a concert, a sports event, etc.) during that event. ☐

10. I have missed out on enjoying things because I was busy documenting them (taking pictures, uploading videos, posting about them, etc). ☐

11. I worry about missing out on my friends' inside jokes if I don't check my social media. ☐

12. I sometimes think my friends post things just to make me feel jealous or left out. ☐

13. I feel like I should only post things that are positive and make me look like I'm happy. ☐

14. I make sure to post to my social networks whenever something good happens to me. ☐

15. I have asked my friends to take down photos of me because I don't think I look good in them. ☐

# Reflection
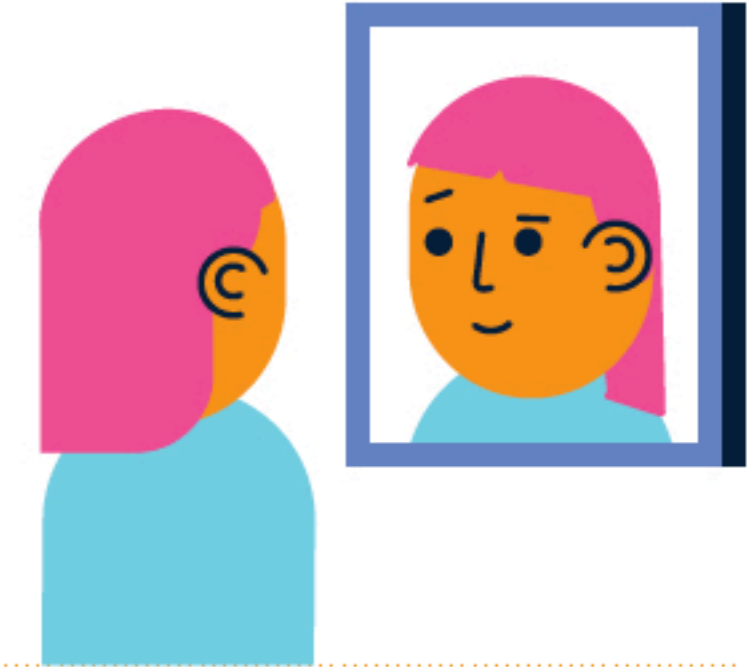
Now that you have finished, take a moment now to quietly consider your responses. These statements are provided to give you an understanding of potential causes of digital stress. If you have marked any of these statements it could be useful to reflect on your current digital practices and which of the responses could be identified as cause of digital stress for you.

**Answer the following questions below.**

**№.1  Complete the sentence: 'Digital stress is...'**

_____

_____

_____

_____

**№.2  Create a mindmap to consider all the causes of digital stress. See sample below.**

What causes digital stress?