

DIGITAL *Stress*



MOORPARK COLLEGE STUDENT HEALTH CENTER

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CALL (805) 378-1413 FOR
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ADMIN BLDG A-11



DID YOU KNOW

Managing your digital
stress can help improve
your

- ✓ Mental health
- ✓ Relationships
- ✓ Life balance
- ✓ Social life
- ✓ Productivity
- ✓ Sleep



CAN'T UNPLUG?

Try our FREE online
Mindfulness resources
<https://www.moorparkcollege.edu/mindfulness>



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MOOD

Science has proven that social media can negatively impact our mood. Do you find yourself worrying you are going to miss something? Comparing yourself to other peoples' lives? After being online, do you feel more anxious or stressed?

- ✓ Try not to compare yourself to other posts. A post is a short snippet of something someone wants you to see. Avoid creating possible context behind the post. You don't know the entire story.
- ✓ If you are going to be on social media, try following lifestyle content like hiking, health, and more and limit content that looks at appearance

"Sometimes, you need to take a break to be alone with your own thoughts and rejuvenate"

- Unknown

PRODUCTIVITY

Do you stay up late browsing online? Blue light emitted from screens can make it even harder to fall asleep. And, one more video may also be cutting into your time to sleep, leaving you tired the next day.

- ✓ Stop using devices 30 minutes before you go to bed
- ✓ Turn of notifications, especially at night

Do you find it hard to complete work or classwork because you are distracted by the online world?

- ✓ Set time chunks of no social media, phones, etc. For instance, work on a paper for 20-minutes and then take a five minute break.
- ✓ Turn off social media notifications

RELATIONSHIPS

Do you check your work or school emails on the weekends and during down-time?

- ✓ Only check your email at set times
- ✓ If you are not expected to be on-call, do not download your work email on your phone if you do not have to.

Do you check your texts, social media, and other online things whenever you see your phone? Even if you are with other people?

- ✓ Put away your phone/smart watch when you are with people
- ✓ Have face-to-face connections when you can
- ✓ Limit the number of times you check your screen

