



Exercises to reduce digital stress

13+1 questions and exercises on digital stress
management

*Exercises for the video lesson How to
reduce digital stress*

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**Marketplace of Knowledge
for Digital Education Methodology**

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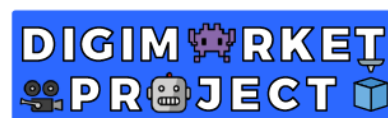
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13+1 questions and exercises on digital stress management

Digital stress can be present in our lives in many ways. In the parent-child-educator context, I am addressing you for the first time as an adult, as a parent, as an educator.

1. List the situations when you start to feel irritated, anxious or tense because of an impulse, event or information related to the use of digital devices or the digital space.

Here are some examples to help:

- Too many emails or you check your inbox when you don't have time to reply
- You shared a post and received negative comments
- You are part of a group where the atmosphere is very toxic if someone asks a question
- You read something on Facebook that confused you, because you had a completely different way of knowing this. You're confused by the commenters, you don't know how to check the truth.

Describe the situation you have been in. Use words that describe your feelings in as much detail as possible.

If you need help, you can find over 200 emotion names here!

<https://asszertivakademia.hu/wp-content/uploads/2016/09/erzesek-listaja-2020.pdf>

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Facing your emotions is already a big help in coping. What do you think would help you to overcome these situations? How do you cope with non-digital stress?

2. List 5 things that help you to calm down!

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Now think about your child's - your children's - online environment and what kind of impact might they be having? You can even share your own experiences with them!

3. Let's start with digital fun! List them!

This could be content production, creative work or re-creation (e.g. meme, montage, etc.), social media activity, video game, phone game or a useful app result or time or energy saved.

Find out what your child enjoys in the digital space!

Try to guess them yourself based on your observations!

Do you have any shared online experiences?

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4. Pick up all the stress about your child now, even ask!

Once you have gathered your own emotions, you will be able to ask him questions, plus observe.

Feel free to use

<https://www.informationisbeautiful.net/visualizations/intermental/>, where digital stress is listed, in English.

What are the signs of digital stress?

- Loss of appetite
- Sleep disorder
- Confused use of the device (hiding, avoidance, fear of the device, etc.)
- Lack of confidence,
- Retreat, hiding
- Changed behaviour
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5. What questions can you ask your child about digital stress?

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6. Guess how many hours you spend using apps on your phone.

Fill in the rows below:

Application name	Average daily time spent with the app

7. Now check it as shown in the presentation:

(Android- Digital wellbeing

iOS: Screen Time)

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8. What do you think about this?

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Timekeeping

9. How much time a day does your family spend on their phone or any other screen?

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10.- How much time do your children spend online/digital ?

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11. How many screens do you have in your house/apartment?

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12. How can we recognise the signs of digital stress in our daily habits (as parents and teachers) or in the daily habits of our children? [Give some signs]

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13. How can we involve our "screenagers" in reducing digital stress? E.g. shared digital fun, shared online experience, shared digital break, detox?

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Digital detox

13.+ 1 What rules apply to screen usage? Where is it allowed, where is it forbidden, is there a digital detox period?

How do you manage content? Do you discuss it? Can you bring "I've seen it online" topics into real-life conversation situations?

[illegible]