Baby Yoda encourages you to take care and have some tea!

**Digital Stress (What it is and How to Deal with It)**

Smartphones and computers can help you stay connected, informed and entertained. They can also make you feel anxious, overwhelmed or even depressed – that’s called digital stress. Here are the top reasons behind stressing you out:

- **Constant Distraction** – How often do you scroll through social media, check your email or send texts?
- **Lack of Good Sleep** – Do you stay up late at night browsing online? Blue light emitted by screens can make it harder to fall asleep.
- **Social Comparison** – Does scrolling through social media make you feel sad or anxious? Studies suggest that this is a common feeling.
- **Negative Interactions** – Has someone left a mean or negative comment on your post?
- **Life Balance** – Do you check your work or school email on the weekend or after hours?
- **Fear of Missing Out (FOMO)** – Are you a constant checker? This can cause a steady stream of anxiety or stress.

**How to deal with digital stress**:

- **Schedule a digital time-out** (switch off for an hour, day, weekend).
- **Make sleep a priority** (stop using device 30 minutes before you go to bed).
- **Tune out noise** (turn off notifications).
- **Choose your contacts** (you are not obligated to accept all social media requests).
- **Adjust your social media feed** (be aware of how certain posts make you feel, follow people and things that are meaningful and positive).
- **Make time for face-to-face connections** (put your phone away during friends and family time).
- **Schedule specific times to check your email**. Try not to get caught up in comparisons (nobody’s life is picture perfect no matter how it looks on line.) Own your device-don’t let it own you!

Journeyworks #5863

Trying to quit VAPING? Text “VTVAPEFREE” to 88709 and get free advice, tips, and inspiration for quitting!

SOS is open for all middle school and high school students.

Upcoming holidays; January 20, February 17-21, 2020  
Best Thursday is on February 13, 2020