Technostress is a type of stress caused by technology. Technology can make a person’s life easier and more exciting. However it can also cause anger nous. In this essay, I will write about the type of technostress I experience in my daily life and say the ways I try to control it.

My technostress is caused by too much technology around me. Firstly I am a student at IAT, I use my computer every time.

For example, for most of the lessons we work on the assignment on the laptop, and when it damages or hang it makes me angry. Moreover I sleep at 12 o’clock most of the nights to finish my online homework. Which caused me headaches and other health problems. That alone, I think that stress-inducing.

a lot of technostress can cause physical and emotional problems. I started exploring headache and dizziness. From time to time I felt very frustrated because I couldn’t release my stress. I determined to do something about it. My friend told me to make a timetable when I work with the computer or rest. I exercise four times a day and I make sure to reduce the time I work with the computer and get enough sleep.

In conclusion techonstress may look unbeatable ; it’s viable to manage it. There are many steps to control a person’s technostress which can effect in numerous advantages