What is one type of technostress you experience in your daily life? Explain the stress, describe its effects, and discuss ways you can try to manage it. **Write 150 words**

**A. Write an outline for your paragraph here:**

**I- Introduction:**

 **A-** Background information:

* What is technostress? Eustress/distress it causes
1. Thesis statement:

- What / who are you writing about?

 **II- Body:**

|  |
| --- |
| **TOPIC** |

|  |
| --- |
| **REASON/DETAIL/FACT** |

|  |
| --- |
| **EXPLAIN** |

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| --- |
| **EXPLAIN** |

|  |
| --- |
| **REASON/DETAIL/FACT** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **CONCLUSION** |

**III- Conclusion:**

 **-** Restate the main idea in the introduction

**B: Use your outline to write your essay here:**

**NAME: Abdulla Rashid Alhebsi SECTION: 10-01**

Technostress is a common type of stress caused by technology. Technology can make a person’s life easier and more exciting. On the other hand it can also cause frustration for the person. In this essay, I’ll write about the types of technostress I experience in my life and discuss the ways I try to manage my technostress.

My technostress is caused by the technology around me at home. Firstly being a teenager in the United Arab Emarites with a blackberry is a problem, so chatting on BBM all the time.. for example all my family usually contact each other with their blackberrys also me and my friends do the same thing, I don’t know why but it causes me a lot of stress just sitting on this device and start chatting. In addition me staying late at night to just chat with friends causes me stress at the morning. I face a lot of technostress at home.

Technostress can do a big bad effect on our health physically & emotionally. I’m always angry with anyone whoever he’s when I’m stressed specially when I do nothing and just keep chatting on my blackberry, I think I should sleep enough to just radius a little of my stress, Also my mom usually say to me to do some exercises every day. Often I use my relaxing exercises to radius my technostress and that helps me a lot to deal with the emotional and physical problems that technostress causes.

In conclusion, we can manage technostress in many easy tips/ways. It really can be managed but sometimes it’s good to have technostress in your life.