Stress Awareness Day 2018 poses the question “Does technology cause stress?”

We will be running two half day workshops to explore this question and look at how technology affects our nervous system, our sleep, our mental wellbeing, our identity, our relationships and our productivity.

Is technology your useful servant or your tyrant master?

Trainers: Alistair Duncan & Toby Buckle, Hazelbranch
Date/Time: Wednesday 7 November 2018, 9.30am-12.30pm and 1.30-4.30pm
Duration: Half day

Who is it for?

This is for all staff who want to explore and improve their relationship with technology. In almost every area where technology can negatively affect us it also has the potential to enhance our lives ... if we use it right! This workshop will provide strategies and techniques that will help you have a positive relationship to technology at work and beyond. It will help you understand what your tech stress triggers are and how to develop goals and habits that will help you have more balance with technology.

In this workshop we will:

Discuss what we can do to improve the way we use technology, both in the workplace and at home, so that it supports our wellbeing and effectiveness. The session will be interactive with space to draw on the experiences and shared knowledge in the room as well as providing tips, tools and techniques that research show have a positive effect on managing technology and stress.

You will learn how to:

- Develop strategies for using technology effectively as well as top tips for applications and tools that can serve you well.
- Manage technology so you get better sleep, have room for mindfulness and improve work-life balance.
- Develop techniques and habits and use apps to stay in focus and make positive choices and prioritise in the midst of too many distractions.
- Be aware of the impact social media is having on your view of the world and yourself and make choices on how to engage with it productively.

What will happen in the workshop:

- The workshop is highly practical using a variety of engaging exercises (you won’t be sitting in your chair all morning/afternoon).
- You will work on your own, in pairs and small groups.
- The sessions are focused on enabling real-life changes rather than simply explaining theory.
- There will be time for reflection on how you would like to change your experience of technology and its challenges.
- You will receive a handout supporting your experience.