



FIVE TIPS TO MANAGE TECHNOSTRESS AND GET BACK YOUR TIME AND WELL-BEING



CHOICE

CHOOSE TECH THAT
WORKS FOR YOU

BOUNDARIES

PLAN TO DISCONNECT
FROM TECH



FOCUS

LIMIT MULTITASKING
WITH TECH

REFLECTION

REFLECT AND MAKE
SMALL STEPS FORWARD



BALANCE

SLOWLY BUILD ON WHAT
WORKS FOR YOU

