

# ONLINE

- We meet with online stress in a lot of places.
- For example, on social network (Facebook, Instagram etc.)
- The Internet is all around us now and it can have a negative impact on us.

## SOCIAL NETWORK

We are on social network almost every day.

Social networks generally bring us a lot of stress, so we should give them up sometimes to make us feel better.



Social media have never recovered personal contact.

### EXPERIMENT:

- *Experts found some people who were supposed to give up Facebook for a week.*
- *All of them had reduced lower cortisol (stress hormone).*
- *They also said their lives were happier.*



## DIGITAL STRESS

We need to be available online all the time.

Digital stress is probably everywhere nowadays.

When you post on forums, someone can argue with us.

