


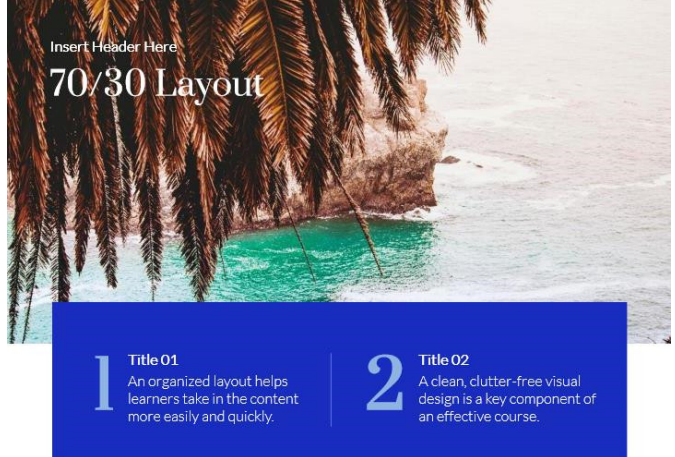

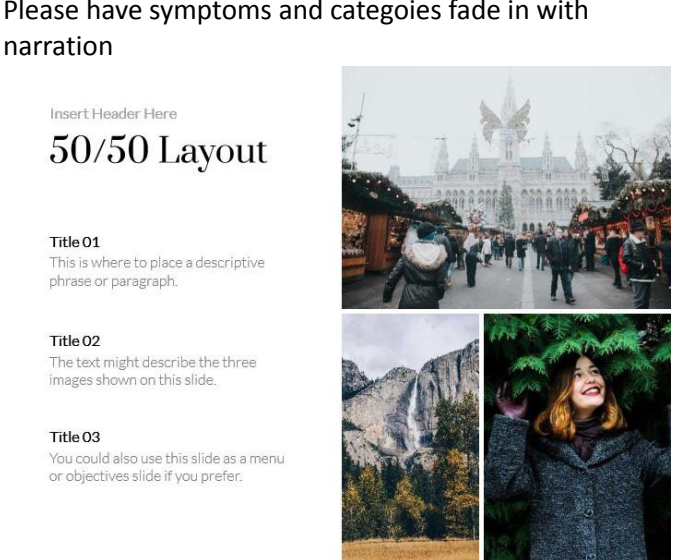





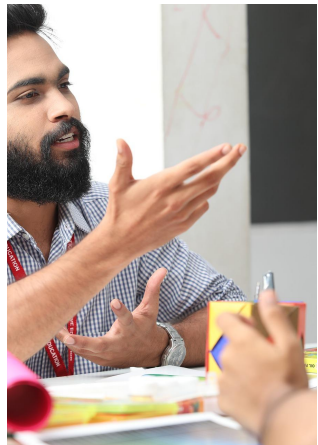





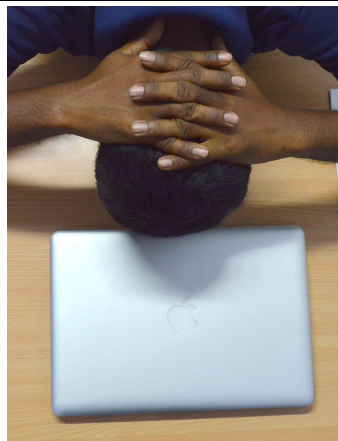
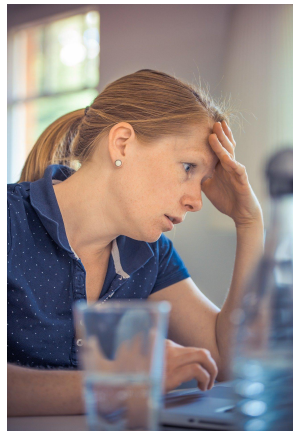

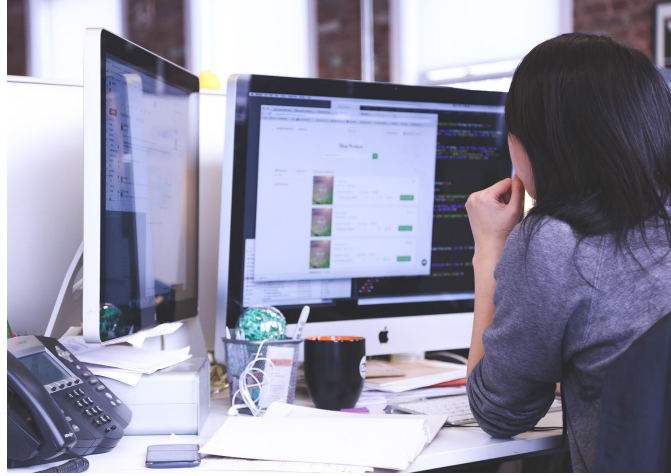





SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
0.1	<p>Today, we spend every waking hour juggling cell phones, computer screens, apple watches, Ring cameras, and on and on it goes. Even the dashboard of our vehicles offers connectivity to text messaging, Spotify music, and Waze navigation. It's a love-hate relationship that leaves us satisfied and weary all at once. Especially if you are out of reach of a tower. Ouch!</p> <p>Welcome to the course "Technostress: Afflicted by Advancement" please press the "start" button to begin</p>	<p>Technostress: Afflicted by Advancement Begin</p>	<p>Please use Synergy template in Articulate Storyline https://360.articulate.com/content/template/388</p>  <p>Add a Begin button</p>	
0.2	<p>Thich Nhat Hanh, an influential Buddhist leader, said in his book Creating True Peace "We often live our daily life in forgetfulness, allowing consumption to intoxicate us and our children."</p> <p>Is it possible to embrace technology and still embody wellness?</p>	<p>"We often live our daily life in forgetfulness, allowing consumption to intoxicate us and our children."</p>	<p>Show quote in sync with narration</p> <p>Add noisy beeps and street sounds</p>	 <p>Image by andreas160578 from Pixabay</p>
0.3	<p>After completing this course, you will be able to define technostress, identify the signs and symptoms of technostress, explore the causes of technostress, and practice coping strategies to keep you moving as peacefully as a monk under a plum tree.</p>	<p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Define technostress 2. Identify the signs and symptoms of technostress 3. Explore the causes of technostress 4. Practice coping strategies 	<p>Insert Header Here</p> <h3>Objectives Layout</h3> <ol style="list-style-type: none"> 1 Title 01 Course objectives should state the knowledge and skills the learner will gain from the course. 2 Title 02 When writing objectives, think to yourself, "At the end of the course, the learner will be able to ..." 3 Title 03 Use action verbs in your objectives. Some examples of action verbs: describe, determine, identify, or define. 4 Title 04 Course objectives should set clear expectations about behavior and skills the learner will be able to exhibit after completing the course. 	



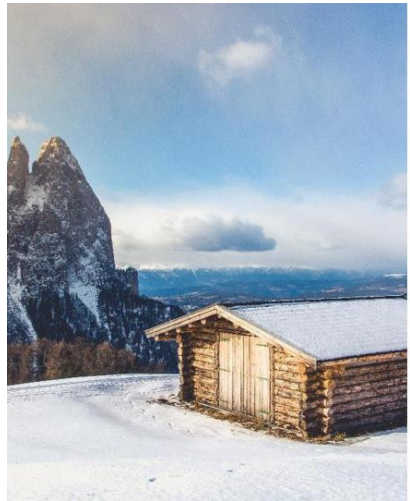

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
1.0	<p>Way back in 1984, author Craig Brod defined technostress for the first time in his book Techno-stress: The Human Cost Of The Computer Revolution He said, “Technostress is a modern disease of adaptation caused by an inability to cope with the new computer technologies in a healthy manner.” ____Can you picture or remember the computers in 1984? What a shock it must have been for workers moving from pen and paper to technology 40 hours per week!</p>	<p>Technostress Defined</p> <p>(no text)</p>		 <p>Source image Image by StockSnap from Pixabay</p>
1.2	<p>A 2017 article by Career Development Quarterly explains “The use of technology can enhance workplace efficiency, productivity, and flexibility; yet, technological tools can have negative effects on individuals’ cognitive, psychological, and physical health, as well as on organizations.</p> <p>In essence, technostress is an affliction caused in part by the advancement and utilization of technologies. It may not affect everyone every time, but some good to know signs and symptoms are in the next lesson.</p>	<p>Technostress Defined</p> <ol style="list-style-type: none"> 1. enhance workplace efficiency 2. have negative effects on individuals 		 <p>Image by StockSnap from Pixabay</p>
2.0	<p>According to an article by King University, technology users either struggle with the bombardment of technology or embrace it. Or worse, they can’t live without it, or attach to it in an unhealthy way.</p> <p>According to their research, technostress can have physical, mental, emotional symptoms. Let’s explore.</p> <p>Physical symptoms include: headache, insomnia, body aches, and the inability to chill out</p> <p>Mental Symptoms include: difficulty staying focused, making mistakes at work, low confidence, and mental fatigue</p> <p>Emotional Symptoms include anxiety, irritability, anger, and helplessness</p>	<p>Technostress Signs and Symptoms</p> <p>Physical symptoms include: headache, insomnia, body aches, and the inability to chill out</p> <p>Mental Symptoms include: difficulty staying focused, making mistakes at work, low confidence, and mental fatigue</p> <p>Emotional Symptoms include anxiety, irritability, anger, and helplessness</p>	<p>Please have symptoms and categories fade in with narration</p> 	 <p>Image by gabrielle_cc from Pixabay</p> <p>Top image</p>



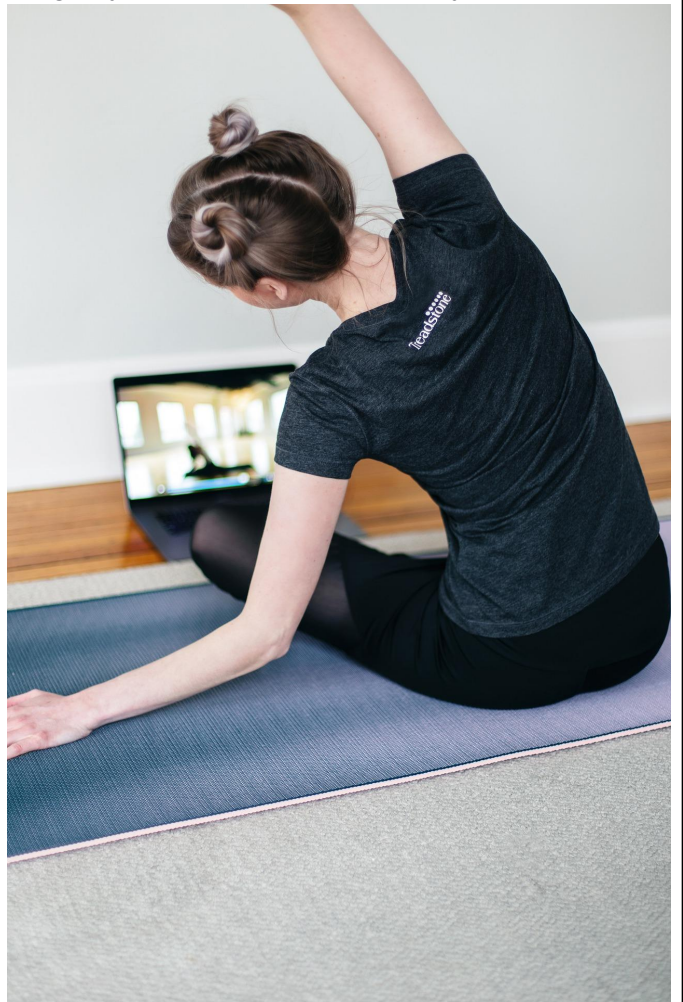
SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
				 <p data-bbox="2278 681 2396 707">Left image</p>  <p data-bbox="2278 1151 2411 1177">Right image</p>  <p data-bbox="2278 1614 2744 1641">Image by Robin Higgins from Pixabay</p>
2.1	Managers of employees experiencing technostress may notice general burnout, a decrease in creativity and problem solving, a drop in employee satisfaction, and a decrease in employee commitment.	Technostress Signs and Symptoms general burnout decrease in creativity and problem solving drop in employee satisfaction decrease in employee commitment	Please have list items appear in syn with narration	




SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
	<p>In a future lesson, we will hear how Dr. Shirish C. Srivastava, Professor, HEC Paris, thinks by knowing each technostress type, they can be managed to “stimulate, rather than hinder, innovation.”</p>		<p>Insert Header Here</p> <h3>List Layout</h3> <ul style="list-style-type: none"> 01 Item 01: Replace this text with your own descriptive content for item 01. 02 Item 02: Replace this text with your own descriptive content for item 02. 03 Item 03: Replace this text with your own descriptive content for item 03. 04 Item 04: Replace this text with your own descriptive content for item 04. 05 Item 05: Replace this text with your own descriptive content for item 05. <p>Insert a compelling statement or tagline here.</p> 	 <p>Image by VARAN VARAN from Pixabay</p>
2.2	<p>For now, let’s practice identifying symptoms of technostress in a workplace scenario.</p> <p>Kristin is your coworker; you even work in the cubicle right next door to her. You know she always takes on a lot of work and loves to please your boss by finishing projects before the deadline. She gets to work early every day and is the last to leave the office. That has always been fine, because you know that is who she is. Recently, you notice she isn’t greeting you at your cubicle entry with a chirping “Good Morning!!” In fact, she barely leaves her seat at all. You hear her, sometimes, sighing loudly or banging on her computer, when it’s not going as fast as she would like.</p> <p>Drag and drop the symptoms you notice in your coworker.</p>	<p>Technostress Signs and Symptoms</p>		 <p>Image by Jan Vašek from Pixabay</p>
3.0	<p>A 2017 article by King University entitled, Technostress: This Is Your Brain on Computer Screens, echoes Craig Brod’s 1984 assignment that technostress is plainly the inability to adapt to the technology you are forced to or choose to embrace.</p> <p>Other factors contributing to technostress include performance anxiety, or lack of training with technology, multiple interfaces at once, or an overworked workforce.</p>	<p>Causes of Technostress</p> <p>performance anxiety lack of training with technology multiple interfaces at once overworked workforce</p>	<p>Insert Header Here</p> <h3>Four Column Layout</h3> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Title 01 This is a good place for some helpful descriptive text.</p>  </div> <div style="width: 50%;"> <p>Title 02 You could use the body text on this slide to describe one or more of the images, or perhaps describe the steps in a process.</p>  </div> <div style="width: 50%;"> <p>Title 03 Layouts like this one are very versatile. You could even use this slide as a menu or as a divider between sections of a course.</p>  </div> <div style="width: 50%;"> <p>Title 04 The sky’s the limit! Let your creativity guide you in creating compelling e-learning content.</p>  </div> </div>	 <p>Image by Shiv Mirthyu from Pixabay</p>

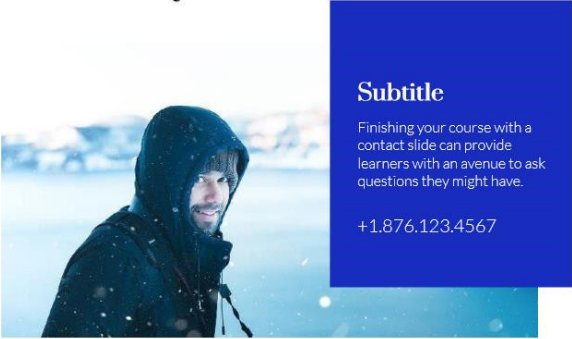

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
				 <p data-bbox="2271 661 2654 691">Image by Pexels from Pixabay</p>  <p data-bbox="2271 1124 2707 1155">Image by StockSnap from Pixabay</p>  <p data-bbox="2271 1622 2815 1653">Image by StartupStockPhotos from Pixabay</p>

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
3.1	<p>Research done by the International Journal of Psychology, suggests that problems caused by the use of information and communication technologies may range from technostrain to technoaddiction. Those afflicted with technostrain reported anxiety, fatigue, and low confidence and technoaddicts reported guilt for their obsessive-compulsive use of technology. The cause of technostrain is said to be caused by work overload, role confusion, and emotional overload, as well as a lack of leadership and social support.</p> <p>Now putting the responsibility square into the employees' hands, let's explore smartphones as a root cause.</p>	<p>Causes of Technostress</p> <p>work overload role confusion emotional overload lack of social support</p>	<p>Insert Header Here</p> <h3>Labels Layout</h3> <p>Labels are a great way to organize information. You can use features such as animations and hyperlinks to bring the content to life.</p> <div data-bbox="1653 447 1864 620"> <p>Subheading Click each circle in the graphic to view detail regarding that item.</p> </div> 	
3.2	<p>Scientific America wrote an article on the term, Nomophobia. No, it's not the fear of seeing gnomes, but the fear of being without your cell phone. If you've ever gotten to work, settled into your station, and reached for your phone and realized you left it at home - you know Nomophobia. This fear of separation from your hand-held technology can compound the issue of technostress.</p> <p>The line between work and home is no longer a line, but a wavy half-tone of gray that leaves users to compartmentalize between the two. It also causes problems in compartmentalizing night and day. Smartphones can keep you stimulated just because of the blue light they emit. The scary part comes from a decrease in memory function and a loss of sense of direction from our reliability on the constant guidance of our phones.</p>	<p>Causes of Technostress</p> <p>(no text)</p>	<p>Please have image one appear with first paragraph of narration and (fade to) image two appear with second paragraph of narration</p>	 <p>Image by Firmbee from Pixabay</p>  <p>Image by Dariusz Sankowski from Pixabay</p>
3.3	<p>As you can see, causes of technostress, technostrain, or even technoaddiction can come from varying sources. Some out of your hands and some in. In our next lesson, we will explore</p>	<p>Causes of Technostress</p> <p>(no text)</p>		

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
	<p>positive responses to these stressors and ways to leverage your stress to increase a work-life balance.</p> <p>Before we move on, let's take a moment to assess another scenario to practice sniffing out the root cause of technostress.</p>			 <p>Image by mohamed Hassan from Pixabay</p>
3.4	<p>This next scene brings you to your own home. Your partner has been acting a little "off" over the last week. She has dark circles under her eyes and rubs her neck and shoulders when you see her. She also complains of not being able to sleep at night. Her company just landed a new contract and she takes her laptop home to work on it late into the night and gets up early to work on it again before work. She is frustrated because a member of her team quit and she has to take on his work, too. She has asked for more training on the project management software she has to use but has not received any. She seems to lose her temper easily and you wonder if it's you.</p>			 <p>Image by Pexels from Pixabay</p>
4.0	<p>We have come full circle in this course. It is time to return to Dr. Srivastava's proactive approach to breaking down and managing technostress. In his webinar, Technostress - Can You Translate Your Adversities Into Opportunities? he suggests that an increasing amount of stress, caused by technology, can actually increase productivity and innovation. The research was based on a survey of 164 senior managers. When done well, these companies invested in adequate training for their staff and supported individuals based on their custom needs and personality types. These companies saw technology integration as a challenge rather than a hindrance and put the right resources in the right places.</p>	<p>From Technostressed to Techno-mindful!</p> <ol style="list-style-type: none"> 1. challenge rather than a hindrance 2. right resources in the right places 	 <p>Insert Header Here</p> <h2>60/40 Layout</h2> <p>The text on this slide is placeholder copy you can replace with your own unique content.</p> <ul style="list-style-type: none"> 01 Title 01 This area is where you may place text content that compels learners to pay close attention. 02 Title 02 You could describe a section of the course, an important principle, or a learning objective. 	 <p>Image by RAEng Publications from Pixabay</p>

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
4.1	<p>In May of 2021, at the edge of an abnormal shift in technology use due to the COVID 19 pandemic, the San Francisco State University posted a Resolution on the Impact of Technostress on their website. The post was aimed at acknowledging the possible negative impact of technology on wellbeing and offering solutions and preventative measures. They also acknowledge the struggle of working remotely to include poor wifi connections, uncomfortable work setups, and the lack of office resources at home. The University gave employees and students a free pass to take breaks from technology and find more hands-on ways of achieving their work tasks. These included fitness breaks, breathing, meditation, access to natural light, and even offered ergonomic assessments of their at-home work station.</p>	<p>From Technostressed to Techno-mindful!</p> <ol style="list-style-type: none">1. fitness breaks2. breathing3. meditation4. access to natural light5. ergonomic assessments	<p>Insert Header Here</p> <h2>50/50 Layout</h2> <p>Title 01 This is where to place a descriptive phrase or paragraph.</p> <p>Title 02 The text might describe the three images shown on this slide.</p> <p>Title 03 You could also use this slide as a menu or objectives slide if you prefer.</p> 	 <p>Image by Peter Olexa from Pixabay</p>  <p>Image by Kari Shea from Pixabay</p>

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
				 <p>Image by Pexels from Pixabay</p>
4.2	<p>As Ralph Waldo Emerson claimed in his 1836 essay Nature – “In the woods,” he wrote, “I feel that nothing can befall me [. . .] which nature cannot repair.”</p> <p>This sentiment is echoed in a 2019 Psychology Today article, Coping With Technostress: The healing power of nature and managing technostress. Professor Jasmin Tahmaseb-McConatha, Ph.D., aging and well-being researcher, writes how important it is to spend time in nature. Time in nature can increase confidence and contains no negative side effects. She suggests that spending time in nature is, well as natural for human beings as breathing; most of the human existence was spent this way. (CITE)</p>	<p>From Technostressed to Techno-mindful!</p> <p>“I feel that nothing can befall me [. . .] which nature cannot repair.” Ralph Waldo Emerson</p>	<p>Have quite appear over image once it is narrated</p> 	 <p>Image by Benjamin Balazs from Pixabay</p>
4.3	<p>Have some fun with this matching activity that pairs Dr. Srivastava’s five types of technostress creators and learn some positive ways to manage them.</p> <p>Techno-overload New technologies added to my plate and I’m required to work faster! Solution: on-time company provided resources and support</p> <p>Techno-invasion I can never escape and must always be reachable! Solution: the company provides clear expectations when working from home</p> <p>Techno-complexity New technology learning curve AGAIN. It’s time to retool and feel inadequate again. Solution: company-provided time and resources to retool</p> <p>Techno-insecurity</p>	<p>From Technostressed to Techno-mindful!</p> <ul style="list-style-type: none"> ● Techno-overload <ul style="list-style-type: none"> ○ New technologies added to my plate and I’m required to work faster! ○ Solution: on-time company provided resources and support ● Techno-invasion <ul style="list-style-type: none"> ○ I can never escape and must always be reachable! ○ Solution: the company provides clear expectations when working from home ● Techno-complexity 		

SLIDE #	NARRATIVE	ON-SCREEN TEXT	INSTRUCTIONAL DESIGN	SLIDE IMAGES
	<p>I can't remain relevant with all of this new technology. I'll get fired, for sure. Solution: company-provided security and right-fit job descriptions to those who enjoy technology innovations Techno-uncertainty I'm too old to keep learning this new technology every other month. Solution: Upgrade your knowledge to stay in the game!</p>	<ul style="list-style-type: none"> ○ New technology learning curve AGAIN. It's time to retool and feel inadequate again. ○ Solution: company-provided time and resources to retool ● Techno-insecurity <ul style="list-style-type: none"> ○ I can't remain relevant with all of this new technology. I'll get fired, for sure. ○ Solution: company-provided security and right-fit job descriptions to those who enjoy technology innovations ● Techno-uncertainty <ul style="list-style-type: none"> ○ I'm too old to keep learning this new technology every other month. ○ Solution: Upgrade your knowledge to stay in the game! 		
4.4	<p>In summary, technostress is indeed an individual and company-level affliction. The good news is that it can be managed with increasing mindfulness by managerial staff and the individual himself. Further research will continue to immerse when it comes to technology and wellbeing as it began back in 1984.</p> <p>By completing this course, you are able to define technostress, identify the signs and symptoms of technostress, understand the causes of technostress, and apply coping strategies.</p> <p>Thank you for taking this course, please take the following quiz to measure your understanding of this topic.</p>	<p>Summary</p> <p>Define technostress Identify the signs and symptoms Understand the causes of technostress Apply coping strategies</p> <p>Start Quiz</p>	<p>Please have text appear in sync with narration and have a button for the quiz appear after that.</p> <p>Have video play once and pause</p> <p>Insert Header Here</p> <p>Contact Layout</p>  <p>Subtitle</p> <p>Finishing your course with a contact slide can provide learners with an avenue to ask questions they might have.</p> <p>+1.876.123.4567</p>	 <p>Video by Zameen Aasman from Pixabay</p>