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. In this essay, I will write about the type of techno stress I experience in my daily life and discuss the ways I try to manage it.

My technostress comes mostly from not being around technology. Firstly, I’m a gamer that’s why I’m always playing with my gaming consoles like the PS3, PS2 or, Xbox360. On the other hand if I lose my gaming consoles I feel stressed. It’s a bad kind of stress because I don’t know what to do not that I like doing anything else so I feel distressed. When I focus on the screens too much to the point that I have a headache I feel stressed. Also I sometimes buy new addicting games that I leave the whole world behind and just focus on the game.

My technostress is not easy to manage but I do my best to keep it under control. In addition I came up with a few ways to do so. Firstly I limit my gaming time keep it to at least 4 hours. Secondly if I’m not playing I find something else to do, however it should be interesting and not boring. Lastly I should go out with my friends instead of playing.

In conclusion not being around technology comes from not being around technology.