What is one type of technostress you experience in your daily life? Explain the stress, describe its effects, and discuss ways you can try to manage it. **Write 150 words**

**A. Write an outline for your paragraph here:**

**I- Introduction:**

 **A-** Background information:

* What is technostress? Eustress/distress it causes
1. Thesis statement:

- What / who are you writing about?

 **II- Body:**

|  |
| --- |
| **TOPIC** |

|  |
| --- |
| **REASON/DETAIL/FACT** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **REASON/DETAIL/FACT** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **EXPLAIN** |

|  |
| --- |
| **CONCLUSION** |

**III- Conclusion:**

 **-** Restate the main idea in the introduction

**B: Use your outline to write your essay here:**

 **NAME: Rashed Mohamed Ahmed Alzaabi SECTION:10-01**

*Technostress is a common type of stress caused by technology. Technology can do a lot of things it can make a person’s life easier and more exciting. However it can also cause frustration. In this essay, I will write about the type of technostress that I experience in my daily life and discuss the ways I try to manage it.*

*My technostress is caused by too much of using the computer****.*** *First of all, I’m steadying at the Applied technology high school, I’m using the laptop a lot at the classes especially in English and IT classes, in addition a lot of stuff we got to do them using the computer such as uploading our stuff into our website, doing all the assignments, being awake all the night to finish all the task when the computer runs slow it cause me a lot of stress, anger, for instance Imagine you did a PowerPoint presentation and then suddenly your trying to open the presentation and it won’t open its says this file is not in a recognizable format , it really upset me and probably I might broke the computer of this thing Also , when your trying to download a document or a videos and it’s too slow and you even can’t wait for it to be* *downloaded . As a result we have less time to mange doing these things because we are trying to do more than we thought. Stress is including*

*Too much of using the computer can cause emotional and physical problem. I felt of headache and sleeping problems. I always be angry and upset, I thing because of being awake all the night and doing the online stuff, I determine to solve this problem so I think about it and then I found it, so I went to al jaber optical center and then they helped with these advice. Managing my time by making a schedule, reduce the hours of using the computer, relax by getting enough hours of sleeping, exercising usually by going to the Gym, try to have some patient.*

*In conclusion, technostress may look unconquerable; it is really possible to control it. There are many quick and easy ways where you can manage a person technostress, which can result in countless benefits*