

Technology and Its Impact on Mental Health

Technology plays a significant role in our daily lives, from communication to entertainment, but its impact on mental health can be both positive and negative. This worksheet will help you reflect on your use of technology and its influence on your emotional and mental well-being.

Part 1: Technology Usage Reflection

1. How much time do you spend on the following devices daily?

- Smartphone:
- Tablet/iPad:
- Computer/Laptop:
- Television:
- Video Game Console:

2. Which social media platforms do you use, and how often do you visit them?

- Example: Instagram, Facebook, TikTok, Twitter, etc.
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3. What are your primary activities when using technology?

(Examples: Social media, work/school tasks, streaming shows, gaming, online shopping)

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Part 2: Emotional Impact of Technology

1. How do you feel after spending extended time online or using your phone?

(Check all that apply)

- Relaxed
- Stressed
- Overwhelmed

- Connected
- Isolated
- Energized
- Exhausted

2. Have you noticed changes in your mood based on your technology use? If so, describe them.

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**3. In what ways has technology positively impacted your mental health?
(Examples: Staying connected with family/friends, access to online therapy resources, educational apps)**

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**4. In what ways has technology negatively impacted your mental health?
(Examples: Social media comparison, screen time fatigue, online bullying, disrupted sleep)**

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Part 3: Healthy Technology Habits

**1. What boundaries do you currently set around your technology use, if any?
(Examples: No phone at dinner, turning off screens an hour before bed)**

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**2. What changes could you make to use technology in a healthier way?
(Examples: Reducing screen time, practicing digital detox days, using technology for mindfulness)**

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3. List three ways you can incorporate more balance between technology use and offline activities.

- 1.
- 2.
- 3.

Part 4: Self-Reflection on Technology and Mental Health

1. Do you feel more connected or disconnected from others because of technology? Explain.

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2. How does technology affect your sleep patterns and energy levels?

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3. What is one specific goal you can set for healthier technology use going forward?

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Conclusion:

Technology can be a powerful tool for both connection and distraction. Reflecting on your usage and the impact it has on your mental health is the first step in creating a more balanced and mindful relationship with the digital world.

Action Plan:

- Set a screen time limit.
- Try a "no-phone" hour each day.
- Explore apps that encourage mental well-being.

