

Managing overwhelm

In today's world, technology plays an increasingly important role in our lives and the lives of our children and adolescents. While technology provides many benefits and opportunities, it can also contribute to feelings of overwhelm and stress. With so many demands on our attention and time, it's important for parents to have open and honest conversations with their children and adolescents about managing their digital lives and avoiding the negative effects of technology overload. The goal of these conversations is to help young people develop healthy habits and skills for managing their digital experiences, while also promoting their wellbeing and mental health.

Empower confidence.
Start the conversation using these strategies:

- 1. Be honest**
Explain that the world today is facing numerous challenges: humanitarian crises, growing social polarisation and climate change.
- 2. Discuss consequences**
Overwhelming events and constant exposure through the media and social media channels can cause high levels of anxiety and stress activities.
- 3. Educate**
Discuss the fact that our brains have not evolved fast enough to adapt to the digital world we now live in causing us to feel overwhelmed.
- 4. Open communication**
Check in with children about the information they have been exposed to and help them understand and process it.
- 5. Provide strategies**
Uncertainty is a common feature of our current world so it's important to provide young people with the skills and strategies to cope with it.
- 6. Responding as a choice**
Emotions are simply data that can be regulated by acknowledging them and choosing how we respond.
- 7. Teach emotional regulation**
Emotional regulation is highly correlated with success in education, future employment and overall better mental health and wellbeing.
- 8. Practice mindfulness**
Use practical tools such as deep breathing or mindfulness to help manage overwhelming feelings.
- 9. Practice boundaries**
Emphasise the importance of being mindful of online interactions and avoiding negative or harmful online behaviours.
- 10. Prioritise balance**
Discuss the importance of balancing screen time with other activities and encourage your child to limit their screen time to a healthy amount.