

Healthy Device Management Part 2
&
Post Pandemic Adjustment Disorder TM

Wednesday Wellness

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Stephanie Buerkel

C: 917.364.6611



EAPA

International
Employee Assistance
Professionals Association

Healthy Device Management

- Healthy Device Management is so critical to our Mental and Physical Health
- A more balanced relationship with technology and boundaries with technology is instrumental for personal interactions
- An unhealthy relationship with devices leads to many Mental Health concerns, such as: poor sleep, poor nutrition and unhealthy relationships
- Social Media has played a severe impact in the unhealthy usage of devices and interactions with our Family, Friends and Peers
- Added to that, the addition of the ease of use of apps for interaction, delivery services and transportation has lessened physical/in person social interaction

How EAPs can Assist?

Let's Discuss: EAP's Relationship with Employers and Technology

What does this look like & What can We do to Help?

- Healthy Device Usage
- Social Media Impacts on Mental Health
- Post Pandemic Adjustment Disorder™

Post Pandemic Adjustment Disorder™

*Mary Helen Beatificato

- The COVID-19 pandemic was/is a stressful event that “served” as a Maladaptive reaction in the form of Adjustment Disorder
- Adjustment Disorder is a group of symptoms, such as *stress, anxiety, feeling sad/hopeless, and physical symptoms* that can occur after you go through a stressful life event
- Repercussions of Re-Entering In-Person life/Interactions

S.Korean designer creates 'Third Eye' for 'smartphone zombies' Reuters

