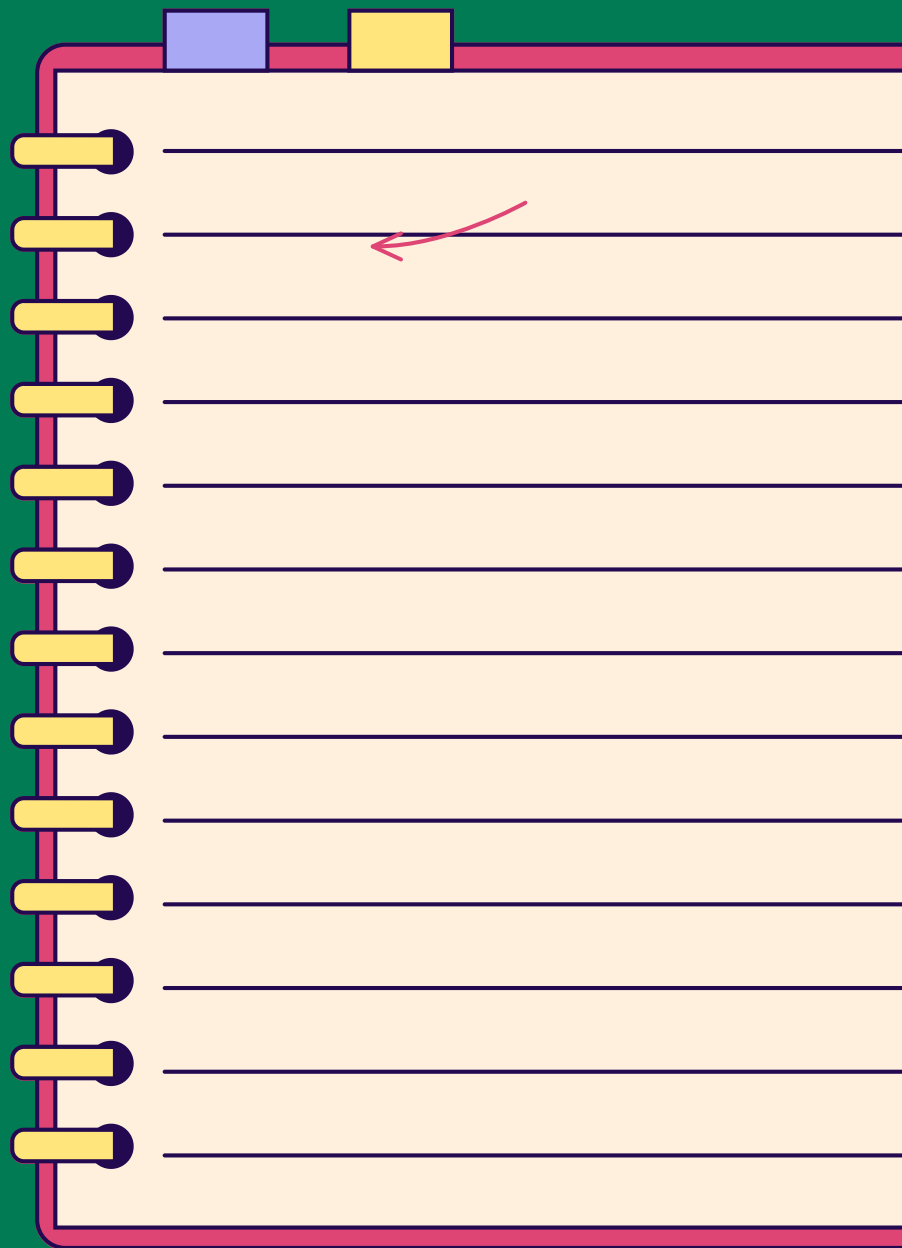


MODULE 13 - DIGITAL TECHNOLOGY & HEALTH

CHAPTER 3

THE DIGITAL INVASIVENESS



INTRODUCTION

Today, we are often too connected to our phones, tablets and computers. Talking about it is important because it can cause stress, sleep problems and affect our daily well-being. Understanding these risks helps us use technology in a healthier and more balanced way.

We invite you to discover what hyperconnection is, its risks, but also the solutions to protect yourself from it.

The content of this chapter is inspired by the book "Le culte de l'urgence: la société malade du temps" ("The cult of urgency: society sick with time") by Nicole Aubert

1 THE DIGITAL INVASIVENESS

URGENCY AS THE NORM...

In today's society, **urgency has become a pervasive norm**. This means we feel constant pressure to complete tasks quickly, often at the expense of quality and our well-being. This trend is exacerbated by digital technologies, which keep us connected and available at all times. Instant notifications, emails, and social media continually solicit our attention, creating an implicit expectation of immediate reactions and constant responsiveness.



Digital technology has revolutionized communication and accelerated this phenomenon, making exchanges almost instantaneous. For example, messaging apps like WhatsApp are designed for real-time conversations, which can lead to pressure to respond immediately. In addition, social media amplifies this urgency by valuing recent content and encouraging users to post and respond quickly to stay relevant. This can lead to an endless cycle of quick replies, increasing stress and reducing the ability to focus on important long-term tasks.

Imagine receiving an urgent message about a schedule change, and feeling the need to respond immediately, even though you are caring for another supported person. Or, if you use an app to record your visits and the constant notifications are disturbing you while you are working, this can increase stress and the feeling of constant urgency.

1 THE DIGITAL INVASIVENESS

WHAT IMPACT ON HEALTH?



The **constant urgency** and **pressure** to always be connected **can have serious consequences on mental and physical health**. Chronic stress caused by this pressure can lead to disorders such as anxiety, depression and burnout. In addition, the lack of breaks and recovery time can affect the quality of sleep, increase fatigue and reduce the ability to concentrate.

Digital technologies, while helpful, can exacerbate these health problems. Smartphones, for example, allow constant access to information and communications, which can prevent users from truly disconnecting, even during their free time. Prolonged screen time, especially before bed, can disrupt sleep by suppressing the production of melatonin, the sleep hormone. In addition, information overload and multitasking, often encouraged by digital environments, can increase mental fatigue and reduce cognitive efficiency on the long term.

If you spend your evening responding to work messages or planning your next workday instead of resting, it can interfere with your sleep and increase your stress levels. Similarly, receiving constant notifications on your phone while you're trying to relax can make it difficult to truly disconnect, impacting your overall well-being.



1 THE DIGITAL INVASIVENESS

INSTANT SATISFACTION!

IMMEDIATE


The culture of urgency fosters the search for immediate gratification, where individuals prefer instant gratifications over long-term benefits. This trend manifests itself in increased impatience and intolerance to frustration, **where expectations of quick answers and results become the norm.**

Digital technologies amplify this search for immediate satisfaction.

For example, online shopping  with fast delivery, streaming services allowing instant access to a multitude of content 



Social media, which provides immediate gratification in the form of likes and comments, reinforces this behavior.

Online games  and mobile apps often use instant rewards to keep users engaged. This can lead to addiction to these quick signs of approbation and difficulty managing projects or goals that require patience and long-term investment.

1 THE DIGITAL INVASIVENESS

“FEAR OF MISSING OUT” OR “FOMO”

FOMO, or “Fear of Missing Out,” is a phenomenon that is becoming increasingly widespread due to hyperconnectivity and digital overload. It’s a feeling that, if you don’t immediately check your phone or social media, you might miss out on crucial information. This could be an important message, a notification from an app, or even a post on social media.

This constant pressure can have negative effects on mental and physical health. **For example, checking your phone frequently, even during breaks or after work, can cause stress and mental fatigue.** This creates a form of anxiety linked to the idea that you might miss something important, which pushes you to always be available and connected.

Or, always waiting for a notification can affect concentration during work or even the quality of sleep. Digital solicitations create an information overload that can be difficult to manage, especially when you are already tired from busy work days.

It is therefore important to learn to regulate this fear by limiting digital solicitations. For example, by adjusting notifications to only receive those that are really important, you can ease the pressure. Taking time for yourself, away from screens, is crucial to finding balance. This will allow you to better manage your time, reduce stress, and improve your overall well-being. Learning to disconnect, even temporarily, gives yourself the opportunity to better reconnect later, with more energy and concentration.



1 THE DIGITAL INVASIVENESS

THE IMPORTANCE OF CONTROLLING INFORMATION AND SOLICITATION FLOWS

Controlling the flow of information and digital solicitation is essential to protect your health, especially in our hyperconnected society. The incessant flow of notifications, emails and messages can lead to chronic stress, mental fatigue and a deterioration in quality of life. By limiting these interruptions and taking moments to disconnect, you can significantly improve your well-being.

For example, setting time blocks without phones or emails allows you to focus fully on your tasks and reduce the anxiety associated with waiting for new requests. Additionally, using time management tools and wellness apps can help balance work and rest periods, promoting better sleep quality and more stable mental health.

For you, home care workers, often subject to irregular hours and multiple responsibilities, it is crucial to learn how to effectively manage digital demands to avoid burnouts. Mastering digital technologies, while setting clear limits, allows you to benefit from the advantages of these without suffering their harmful effects. Ultimately, this is an important step towards a more serene and balanced professional life, contributing to better overall health!

