

Mental Health Webinar presents:

# Technology and its impact on stress and anxiety

thomas 

**MDBC**   
Malaysian Dutch Business Council

14 October 2021

3.30pm – 4.30pm (MYT)

# Content



- > Thomas International and our Mental Health Initiatives
- > Technology Reliance
- > Social Media Exposure
- > Stress Container
- > Tips & Support



How Thomas supports better mental health at work...



# Technology Reliance

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# Technology Reliance



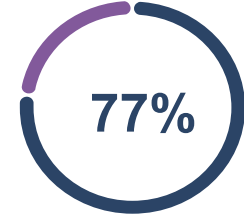
59.5% of global population  
are internet users

+7.3%



84.2% of the Malaysia  
population are internet users

+2.8%



said that society as a whole  
relied too much on  
technology to succeed



Around 3-4 hours – average  
time a person spends on  
smartphones daily



99.2% of 2800+ smartphone  
users experience  
“nomophobia”



Covid-19 and screen time  
– an expected increase

# Social Media **Exposure**



# Social Media **Statistics**

**7.83** billion people in the world

**53.6%** are active social media users (+13.2%)

**98%** of users access social media via a mobile device

**86%** of Malaysians are social media users (+7.7%)

**53.2%** of Malaysians use social media for work purposes

Average users have **9.6** different Social Media accounts



Facebook, LinkedIn, Snapchat, Instagram, Twitter, Whatsapp, We Chat, YouTube, TikTok, Pinterest, Reddit, Weibo, Tumblr, Clubhouse, Meet Up, Line, Hootsuite and many more!



# Pros & Cons of **Social Media**



Globally Connected

Entertainment

Learning

New Friends & Communities

Easy, Instant Communication

Creative Expression

Support

Real-Time News

Customer Expansion

Employment Opportunities

Promotes Social Change

Stress

FOMO (Fear Of Missing Out)

Information Overload

Bullying

Overwhelm

Increased Risk Of Depression

Privacy

Social Isolation

Peer Pressure

Procrastination

Distraction

Addiction

Triggers Insecurities

Fake News & Confirmation Bias

# Signs Social Media is **Impacting Your Mental Health**

Distracting from work or other priorities

Experiencing cyber bullying

Feeling inadequate about life or appearance

Worsening symptoms of depression

More time on Social Media

Feeling envious or angry

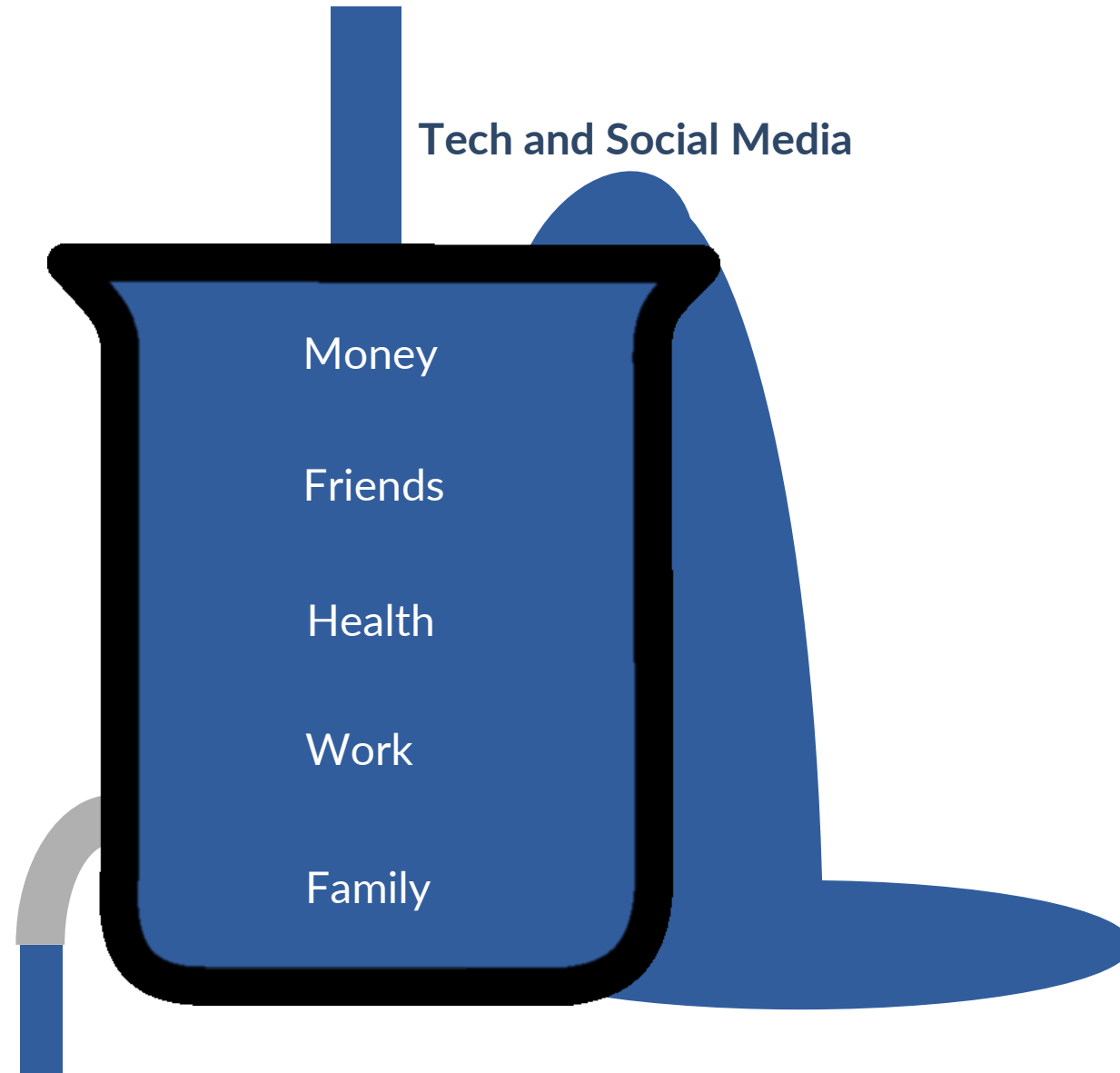
Suffering from sleep problems

Neglecting face to face relationships

Little time for self-care

Worsening symptoms of anxiety

# Stress Container



Take a break  
Relaxing  
Talking

# Some **Top Tips**



Reduce Time Online



Unplug Before & After Bed



Change Your Focus



Do a smartphone cleanse



Spend More Time Offline



Ask For Help

# World Mental Health Day 2021

In support of World Mental Health Day 2021, Thomas International is giving away a free emotional intelligence assessment (TEIQue) for every attendees of MDBC Mental Health webinar. The assessment provides insights into one's emotional resilience, and how one understands and manages emotions of oneself and of others. Please contact See Er at [seeerl@thomas.co](mailto:seeerl@thomas.co) for next step. Learn more about TEIQue assessment [here](#).