

## **Transforming TechnoStress into TechnoHealth: It is not just the angles and equipment**

Neck-shoulder pain and discomfort, exhaustion, headaches, and vision problems continue to increase as the worksite has been transformed to sitting at computers, using laptops, tablets and smartphones. Employees are now connected 24/7. Even at home, the last thing many people do is to check their email and/or social media. Constantly being captured and/or immediately responding to information tends to interfere with regeneration. This technostress life style contributes significantly to discomfort and illness. Common factors underlying technostress is *immobilization syndrome*. The presentation includes overview of factors contributing to technostress and strategies include biofeedback to make the invisible visible and teach employees awareness and mastery over dysfunctional physiological patterns induced by working with computers, laptops, tablets, and smartphones.

### *About our Speaker...*

**Erik Peper, PhD., BCB** *Dr. Peper is an international authority on biofeedback and self-regulation. Since 1970 he has been researching factors that promote healing. He is Professor of Holistic Health Studies / Department of Health Education at San Francisco State University. He is an author of numerous scientific articles and books such as Make Health Happen, Fighting Cancer-A Nontoxic Approach to Treatment, Healthy Computing with Muscle Biofeedback, and Biofeedback Mastery. He publishes the blog, the peper perspective-ideas on illness, health and well-being ([www.peperperspective.com](http://www.peperperspective.com)).*



*Where:*

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