

DEALING WITH COMPUTER STRESS

Brooke Dee Bearden

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This research investigated coping strategies used by computer users who experienced varying degrees of computer-stress. Eighty-three college student.

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Computer stress is coming for you, are you ready to face it? such as breathing control, positive thinking or even dealing with the subject with.

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Common Causes of Computer Stress

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Centralized management in your company: Or how about building a system on your. Computer stress is a real, tangible, and even serious problem for some employees that use computers on a daily basis. How to protect your pets from air pollution? Hardware and software forums can be found on AOL, CompuServe, and other popular services. But many problems computer users experience could have been prevented had they researched products or companies more thoroughly or had they spoken to experienced experts before making a purchase.

Unfortunately, the new "Plug and Play" mentality fosters this behavior. So
21 Tech 80 Tech 5 Tips