



# DIGITAL BURNOUT



## What is a Digital Burnout?

Feelings of extreme over-fatigue and emotional exhaustion, due to stress from intensive use of digital media.

## Causes

The internet is an inexhaustible source of information. Every day we can look for new information. Every day you feel the pressure. An individual need to be available at all times. For a lot of people being online creates an enormous pressure. You constantly get the feeling you need to react immediately and become impatient when somebody doesn't respond as quickly as possible. The dividing line between work and private is blurred. The smartphone enables you to be accessible and available for your boss at any moment. Even when you are relaxing on the bench you will receive your work emails. Even in your spare time brain cells are constantly working. We are simply not bored anymore. Every moment of boredom is filled with scrolling down our endless newsfeeds. Give your mind a little break. Or will you wait until your personal hard drive crashes?

## Symptoms

- Mental overburdening and exhaustion
- Feelings of ineffectiveness and lack of accomplishment
- Washed-out
- Feelings of stress while opening your mailbox
- Breathing difficulties when receiving more than 10 notifications
- Avoiding family and friends

## Treatment

Give yourself some time to calm down after a long day of work. Don't underestimate the power of good sleep. Tell your immediate circle that you would love to change your life. Talk to other people and discuss the pros and cons of your current online behaviour. When you get to emotional Doctor Cloud suggests to visit a virtual yoga session. A session in which your head leaves the online cloud and creates peace in a world of abundance.

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LOST  
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## Extra information

[www.doctorcloud.nl](http://www.doctorcloud.nl)