

# Screen Time Management

## Exercise

Match the definitions:

1. FOMO

a. The urge to spend a lot of time online, and preoccupation with getting on a computer (or other device). If these urges can't be satisfied, anxiety and other negative feelings are experienced.

2. Carpal Tunnel Syndrome

b. A type of addiction which occurs without the abuse of substances.

3. Behavioural addiction

c. Fear of not being included in something (such as an interesting or enjoyable activity) that others are experiencing.

4. Internet addiction

d. A condition caused by compression of a nerve where it passes through the wrist into the hand and characterized especially by weakness, pain, and disturbances of sensation in the hand and fingers.