

Screen Time Management

Exercise

Match the definitions:

1. FOMO

2. Carpal Tunnel Syndrome

3. Behavioural addiction

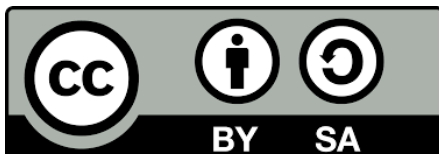
4. Internet addiction

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.

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

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

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.



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