



CHECK...

DO YOU...

- ? feel preoccupied with the Internet (think about previous on-line activity or anticipate next on-line session)?
- ? feel the need to use the Internet with increasing amounts of time in order to achieve satisfaction?

HAVE YOU...

- ? repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?
- ? jeopardized or risked the loss of significant relationship, job, educational or career opportunity because of the Internet?

DO YOU...

- ? feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
- ? stay on-line longer than originally intended?

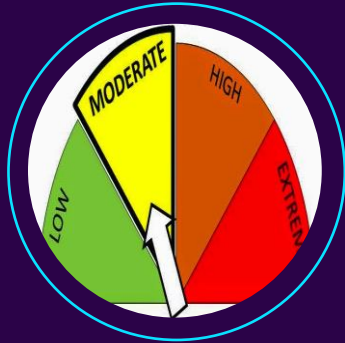
HAVE YOU...

- ? lied to family members, therapist, or others to conceal the extent of involvement with the Internet?
- ? Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?

When answering "yes" to five (or more) of the above questions, consider yourself in the zone of **Pathological Addictive Internet Use (Young, 1996)**

To know more: What you need to know about internet addiction | Dr. Kimberly Young | TEDxBuffalo, <https://www.youtube.com/watch?v=vOSYmLER664>

HOW TO



DIGITAL DIET

Restriction, not
Abstinence/Control use of
internet



DIGITAL NUTRITION

Positive, Productive use of
internet/e.g., replacing your
gaming with simulation for your
academic projects



SAY NO TO "ELECTRONIC NOISE"

Say yes to face-to-face
quality times/ Be present in
the moment by restricting your
virtual presence



DIGITAL DETOX

Allow yourself for regular /weekly
"No Internet Times", e.g., no gadgets in
dinner tables or no gadgets during weekly
friend meets.



WHAT ARE YOU TRYING TO
ESCAPE FROM THROUGH
COMPULSIVE USE OF
INTERNET?



IS YOUR COMPULSIVE
USE OF INTERNET
FACILITATING OR
MASKING ANY OTHER
ADDICTION?



PAY CLOSE
ATTENTION TO
TRIGGERS. THAT WILL
HELP YOU AHEAD OF
THE URGE OF USE
AND FIND
ALTERNATIVE
BEHAVIORS.



CONTACT PROFESSIONALS

In this case, contact Counselling
Centre, IIT Kharagpur for
learning how to replace
compulsive use with productive
use of internet

To know more: Internet Addiction - Teal Swan, https://www.youtube.com/watch?v=BMVM3Es_Qpk&t=705s-

IF REBOOTING SEEMS HARD BY YOURSELF, HELP IS AVAILABLE...

We understand, students are dealing with sudden changes in their regular schedules and especially in the sphere of academics. Adapting to these paradigm shift can be stressful which is completely appropriate during this pandemic. Challenges like social distancing, involuntary seclusion and artificial virtual ways of surviving, are bound to take a toll on our emotional wellbeing.

The Counselling Centre is always with you in this difficult phase of life.

Let's promise to stay together!

Please email us for appointment at cc@adm.iitkgp.ac.in or visit our website –

<http://www.counsellingcentre.iitkgp.ac.in/?cciit=tele-consult> for exploring how to get online counselling.



**COUNSELLING CENTRE
IIT KHARAGPUR**

**Tele-consultation
Services of Counselling
Centre, IIT Kharagpur**

<https://youtu.be/FSz13CfExCQ>