

# CSU'S GOT TALENT



## LEARNING & DEVELOPMENT

presents a series of LIVE online webcasts featuring innovative & essential training for your professional and personal success!



**April 29, 2021**

**10:00am - 11:00am PT**

All CSU Staff & Faculty are invited to attend this **free** webcast via this link:

<https://calstate.adobeconnect.com/CGT>

## Transforming Tech Stress into Tech Health



Do you experience screen fatigue, eyestrain, back pain, neck and shoulder discomfort, exhaustion, stress, anxiety, depression, and/or insomnia? Are you **distracted by notifications** and **addicted to digital devices**? Dr. Erik Peper describes an **evolutionary approach to re-envisioning our relationship with technology**. With little or no awareness, we have become addicted to screens as the digital devices have hijacked our evolutionary survival mechanisms. Learn the physiological processes, ergonomics, evolutionary traps, workstyle and lifestyle patterns that contribute to the development of symptoms. Dr. Peper provides **strategies to prevent illness and optimize health with your digital devices** that you can use right away, to not only survive, but to thrive with sanity in this plugged-in world.

### About Erik Peper Ph.D.

This webcast will be recorded and available on CSU Learn



Erik Peper, Ph.D., BCB, is an international authority on biofeedback and self-regulation. He is Professor of Holistic Health Studies at San Francisco State University where he was instrumental in establishing the Institute for Holistic Health Studies, the first holistic health program at a public university in the United States. He is an author of numerous scientific articles and books. Most recently, he co-authored the book, **TechStress: How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics**. He publishes the blog, the peper perspective-ideas on illness, health and well-being ([www.peperperspective.com](http://www.peperperspective.com)). His research interests focus on self-healing strategies to optimize health, the effects of posture and respiration, and learning self-mastery with biofeedback.