
Global Certificate in Cyber Psychology

Digital Wellbeing and Mental Health

****Acceptance and Commitment Therapy (ACT)**** Related terms: psychological flexibility, mindfulness, values, committed action

Acceptance and Commitment Therapy (ACT) is a form of psychotherapy that helps individuals develop psychological flexibility, which is the ability to be present with unpleasant feelings, thoughts, and experiences without avoiding or becoming overwhelmed by them. ACT encourages individuals to engage in values-based action, which means taking steps towards living a meaningful life even in the presence of difficult thoughts and feelings.

****Anxiety**** Related terms: fear, worry, stress, panic

Anxiety is a feeling of apprehension, tension, or unease that often occurs in response to a perceived threat or danger. It can take many forms, including generalized anxiety disorder, panic disorder, and social anxiety disorder. Anxiety can interfere with daily life, making it difficult to concentrate, sleep, or engage in social activities.

****Burnout**** Related terms: stress, exhaustion, depersonalization, reduced personal accomplishment

Burnout is a state of emotional, physical, and mental exhaustion that is often caused by prolonged stress or overwork. It is characterized by feelings of cynicism, detachment, and ineffectiveness, and can lead to a reduction in job satisfaction, productivity, and overall well-being.

****Cognitive Behavioral Therapy (CBT)**** Related terms: cognitive distortions, thought records, exposure therapy, behavioral activation

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that focuses on the relationship between thoughts, feelings, and behaviors. CBT helps individuals identify and challenge negative thought patterns, or cognitive distortions, that contribute to emotional distress or maladaptive behaviors. Through the use of techniques such as thought records and exposure therapy, CBT aims to help individuals develop more realistic and adaptive ways of thinking and behaving.

****Cyberpsychology**** Related terms: internet psychology, online behavior, virtual reality, digital well-being

Cyberpsychology is the study of the psychological aspects of human behavior in the digital age. It explores the ways in which technology, particularly the internet and social media, affects our thoughts, feelings, and behaviors. Cyberpsychology also examines the potential risks and benefits of technology use, and seeks to promote digital well-being and responsible online behavior.

****Depression**** Related terms: mood disorder, low mood, anhedonia, suicidal thoughts

Depression is a mood disorder characterized by persistent feelings of sadness, hopelessness, and

worthlessness. It can also involve symptoms such as loss of interest in activities, difficulty sleeping, and thoughts of death or suicide. Depression can interfere with daily life and relationships, and may require professional treatment.

****Digital Detox**** Related terms: technology fast, screen-free, unplugging, digital well-being

A digital detox is a period of time during which an individual abstains from using technology, particularly the internet and social media. The goal of a digital detox is to promote digital well-being by reducing stress, increasing mindfulness, and improving interpersonal relationships. A digital detox can take many forms, from a complete technology fast to more limited screen-free time.

****Digital Well-being**** Related terms: technology use, screen time, internet addiction, online safety

Digital well-being refers to the state of psychological, social, and emotional well-being in the digital age. It involves managing technology use in a way that promotes positive mental health, healthy relationships, and responsible online behavior. Digital well-being can be promoted through practices such as setting boundaries around technology use, engaging in digital detoxes, and practicing mindful internet use.

****Emotional Intelligence**** Related terms: self-awareness, social awareness, self-management, relationship management

Emotional intelligence is the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. It involves four key components: self-awareness, social awareness, self-management, and relationship management. Emotional intelligence is an important predictor of mental health, success in relationships, and job performance.

****Fear of Missing Out (FOMO)**** Related terms: </b