

A postcard from:



**Scarsdale High School**



# Stress: Is technology Helping or Hurting- Finding Balance!



# POSTCARD



## Teen Mental Health- Finding Balance

As teens today, we are pulled in many directions, and this can be challenging... academics, social engagements, extra-curricular activities,.... How do we find balance. As part of our discussion we will share what works for us all and how can we manage our environments using the resources available to us- including technologies.

Then something like 'we are looking forward to you joining us on the call

*Scarsdale High School*

*a Zoom Around the World with Round Square event*

Title: Is technology helping or hurting? Finding balance!

Date: April 15, 2026

Time: 8am EDT (GMT -6)

We make the start time to be 9am in Buenos Aires and São Paulo, 1pm in London, 2pm in Copenhagen and Johannesburg, 3pm in Doha and Nairobi, 4pm in Dubai and Yerevan, 5pm in Karachi and 5:30pm in Delhi. But please check for your own location.

Participants: 16-18 year old

Register: <https://podio.com/webforms/30664773/2600447>

Pre-work: Think of one strategy you use to find balance and self-regulate stress in your lives and come ready to share it.