

## TEENTECHWELLNESS

# 5-MINUTE SCROLL BREAK

When you catch yourself scrolling without meaning to, pause. Not to shame yourself — just to recognize the moment you slipped into automatic scrolling.

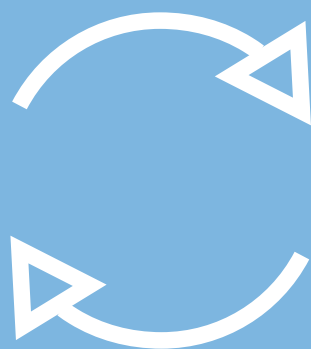


## UNDERSTAND

Our brains reach for the phone when we're bored, overwhelmed, lonely, or tired. Scrolling is a quick comfort, but it almost never gives us the relief we are hoping to get.

## SMALL RESET

Do something else: change your environment, take one slower breath, message one person you trust, or just close your eyes for 20 seconds. Small shifts really help.



## NEXT STEPS

After resetting, decide what you want to feel next. Maybe you return to scrolling intentionally, take a short break away from your phone, or shift to another activity.



## REMINDER!

You don't need to quit your phone. The reset just helps you choose it on purpose, instead of getting pulled in automatically. That choice is the difference. You got this!!

