

Phone-Free Reset

BEST FOR:

- Doomscrolling
- Social Comparison
- Social Comparison
- Notification Overload
- Screen Fatigue



THE PROCESS (10-20 MINUTES):

1. PHONE IN ANOTHER ROOM



2. SET A TIMER



3. PICK A LOW-EFFORT TASK



4. END & CHECK-IN



WHY IT HELPS:

A short break interrupts the autopilot loop of constant scrolling, providing a necessary mental pause.

