

SCREEN TIME SURVIVAL GUIDE

Screens are everywhere; phones, tablets, and gaming consoles make it easy to stay connected and entertained. But too much screen time can impact focus, productivity, and mental health. The good news? Small changes can help you take control, boost your well-being, and make room for fun offline moments. Here's how!

REDUCE SCREEN TIME

- Set app limits to avoid endless scrolling.
- Put all of your social media apps in one folder, on your secondary screen.
- Swap screens for hobbies - try sports, art, or reading.
- Keep devices out of reach during study, meals & bathroom breaks.
- Turn off auto-play to stop binge-watching.

BOOST PRODUCTIVITY

- Avoid going on your phone for the first 30min of the day.
- Start your day by doing hard things.
- Study in short bursts with breaks.
- Stay organized with planners or checklists.
- Keep a distraction-free study space.

IMPROVE FOCUS

- Try deep breathing exercises to clear your mind.
- Reduce background noise for better concentration.
- Move around to refresh your brain.
- Use flashcards for quick learning boosts.

STRENGTHEN MENTAL HEALTH

- Balance school and fun to avoid burnout.
- Stay active; movement improves mood and energy.
- Sleep well—aim for 9+ hours.
- Talk to friends, family, or mentors when stressed.

Managing screen time isn't about giving up technology—it's about making sure it works for you, not against you. When you set healthy limits, focus on what matters, and take care of your well-being, you'll feel more energized, productive, and in control.

 LESS SCROLLING, MORE LIVING—LET'S MAKE EVERY
MOMENT COUNT! 