

'DOOM-SCROLLING'

Consider:

- ★ Taking a break
- ★ Turning off phone
- ★ Snoozing apps
- ★ Changing apps
- ★ Limiting screen time
- ★ Offline distractions

Seeking Online Support:

www.mind.org.uk
www.anxietyuk.org.uk
www.sane.org.uk
www.childline.org.uk