

Social media begins to disrupt mental health when it "replaces" sleep, physical exercise, and face to-face interactions.

Infinite scroll destroys the brain's "stop point" signal, trapping it in a constant state of consumption.

Bedrooms and dining tables should be completely cleared of technological devices.

Sustainable habits are needed instead of temporary solutions like a "Digital Detox."



Help for your digital detox

**DO NOT WATCH YOUR SCREEN
WATCH YOUR STEPS**