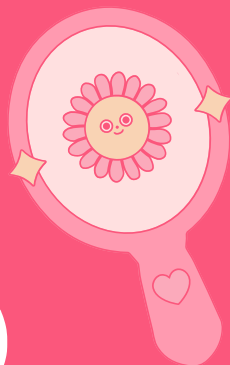
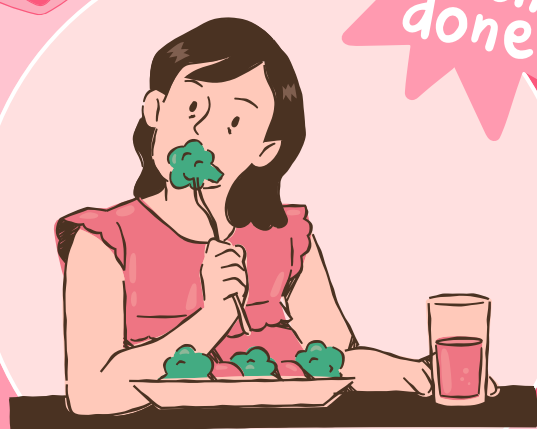




5 WAYS TO DETOX AFTER DOOM SCROLLING



Well
done!

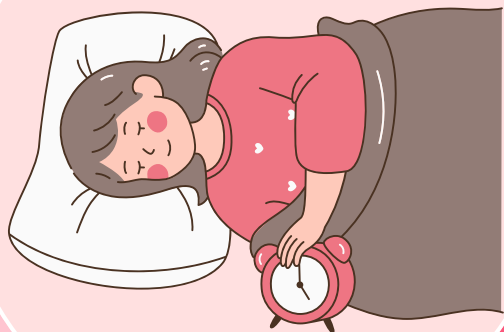


SELF CARE

Make sure to eat a variety of nutritious foods to help your body after bed rotting. Practice cleanliness as this is often forgotten while being consumed by media

TOUCH GRASS

Just 30 minutes of walking every day can help you reconnect with nature and heal your soul :)

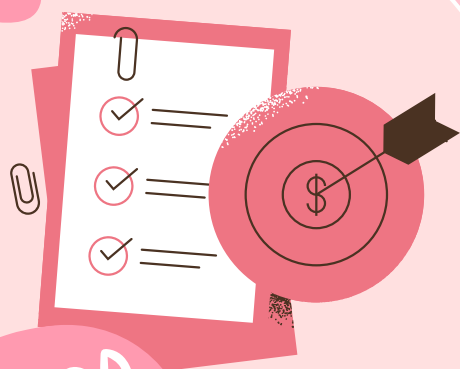


GOOD NAP

Aim for 7-9 hours of quality sleep each night. Often times, when doom-scrolling you get insufficient REM sleep due to blue light stimulating your brain

PRACTICE MINDFULNESS

Often times when being consumed in technology or social media people lose out on being in the moment and experiencing life around you



Good
Job!!

SET AND PURSUE GOALS

Have goals and aspirations that give your life purpose while pushing yourself to get out of your comfort zone and help you make progress for yourself

Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself in your daily routine.