DOWN THE RABBIT HOLE

Set an Alarm

Break free from the rabbit hole by setting a time limit to go off to snap you out of the trap of the rabbit hole.

Turn Off Push Notifications

Go into your settings and turn off push notifications for certain apps. This can help stop the problem by stopping the start of the problem. A notification can be the spark to spending too much time on your phone.
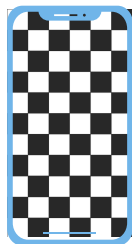
Set App Restriction Timers

Some phones have the ability to set a timer for how long you can use each app in a day to stop the habit of falling down the rabbit hole on your phone.

Take a Break

Stop and take a stretch break! Taking a break can also help to snap you out of the rabbit hole that you end up falling into.

Turn Off Color

Black and white settings on phones can stop how attention grabbing apps can be and can help reduce the time spent on your devices.

Resources:
- scripps.org/news_items/6310-8-tips-to-reduce-screen-time-for-adults
- health.clevelandclinic.org/everything-you-need-to-know-about-doomscrolling-and-how-to-avoid-it
- socalmentalhealth.com/13-ways-to-stop-doomscrolling
- wesleyanargus.com/2023/04/06/i-turned-color-off-on-my-phone-and-you-should-too
- cyberhouserock.info