

HEY YOU!
WHY ARE YOU,



STILL
SCROLLING?!!



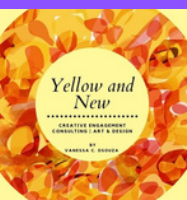
ARE YOU BORED?!



-Are you bored?-

IF YES, TRY THIS

- GIVE TIME TO THE PEOPLE AROUND YOU
- REACH OUT TO A FRIEND



DID YOU EXERCISE
TODAY?



-Did you exercise today?-

IF NO, TRY THIS

- MOVE YOUR BODY
- STRETCH
- DANCE
- WALK



ARE YOUR EYES
RESTED?



-Are your eyes rested?-

IF NO, TRY THIS

- BLINK!
- TAKE A NAP
- TAKE A BREAK FROM YOUR SCREEN EVERY 20-25 MINS



ARE YOU
BREATHING
DEEPLY?



-Am I breathing deeply?-

IF NO, TRY THIS

- NOTICE YOUR BREATH
WHEN YOU FEEL
DIFFERENT EMOTIONS
- CLOSE YOUR EYES
AND TAKE 3 DEEP
BREATHS



LIFE IS TOO SHORT TO KEEP
SCROLLING MINDLESSLY

IF YOU USE SOCIAL MEDIA FOR A BIT OF-
ENTERTAINMENT, TO LEARN SOMETHING
NEW, CONNECT WITH OTHERS, IT CAN BE
BENEFICIAL TO YOU.

IF IT INTERFERES WITH YOUR SLEEP, WORK,
RELATIONSHIPS, MENTAL HEALTH..

IT IS NOT WORTH IT.
TAKE TIME FOR YOURSELF, YOU DESERVE
IT.

VANESSA C. DSOUZA

