

Scroll Responsibly

Tips to make virtual learning and everyday easier!

Target Population

School Aged Children during Distanced Learning



Created by:
Max Cohen
Jessica Reed
James Terhune
Jenna Saviano
Emma Harrison

Get Started with Mindfulness
<https://www.mindful.org>
<https://insighttimer.com/meditation-app>
<https://www.headspace.com>

- Limit passive scrolling or streaming
 - Passive social media use (where you are not interacting with friends through messaging or video) is associated with higher rates of depression, whereas active use can be protective by keeping you connected to friends and family.
- One tab at a time
 - Media multitasking can contribute to feelings of technology fatigue and worsened mood. Try focusing on one thing at a time.
- Allow for screen downtime:
 - Give yourself a break from staring at the computer and phone screen, and get outside and stretch! Allowing yourself time in the fresh air can leave you feeling refreshed, and ready to take on the next task.
- Check in with friends
 - Make time to schedule zoom calls with friends and family. Don't rely on text messages and phone calls. Face to face communication is far more meaningful and telling. Keep an eye out to see if your loved one is doing well, and keeping their spirits up during this trying time. The benefits of this interaction go both ways!
- Make time for little things that bring you joy
 - Given the state of the world, it can be easy to get stuck in a mindless routine that does not provoke a lot of emotions. You do not feel bored, but you do not feel happy. The small rewards you gain from social media are not satisfying enough to make you feel happy, but just enough to make you not feel extremely bored. It can be easy to stay in this state of just hovering over boredom, but nowhere near happy. It is easy to think that doing "whatever you want" is satisfying enough to make you happy, but in reality, we need to think about things that we actually enjoy. So, make time for the little things that bring you joy. This could be as simple as making a cup of tea during class breaks, taking a walk, or preparing your favorite dish. Whatever it may, as long as you really like doing it, the possibilities are endless and can really help with your mental and physical health.
- Recognize fatigue in yourself AND others
 - Online learning and long Zoom sessions can take a toll on how you feel and how you think. Staring at a screen can cause headaches, making it harder for you to learn in school. Try using dark mode, reducing the amount of blue-light on your screen, or get yourself a pair of blue-light blocking glasses!
 - If you're feeling worn down from long online classes, then your classmates probably are too. They might not feel comfortable bringing it up, but asking about how they're feeling and letting them know that you're stressed too can help them know that they're not alone, and neither are you!
- Mindfulness and grounding techniques before getting online
 - Mindfulness means paying attention in a particular way, on purpose, in the present moment and nonjudgmentally. This helps paying attention to what is right in front of you instead of what is happening around you.
 - How is that helpful? Mindfulness has the ability to reduce stress, increase productivity & self-awareness and can make space for more meaningful conversations.
- Reach out to classmates during class breaks
 - Reach out to those you know and don't know to recreate a sense of connection. You can use this opportunity to also plan virtual events such as lunch, watch parties or virtual game dates.