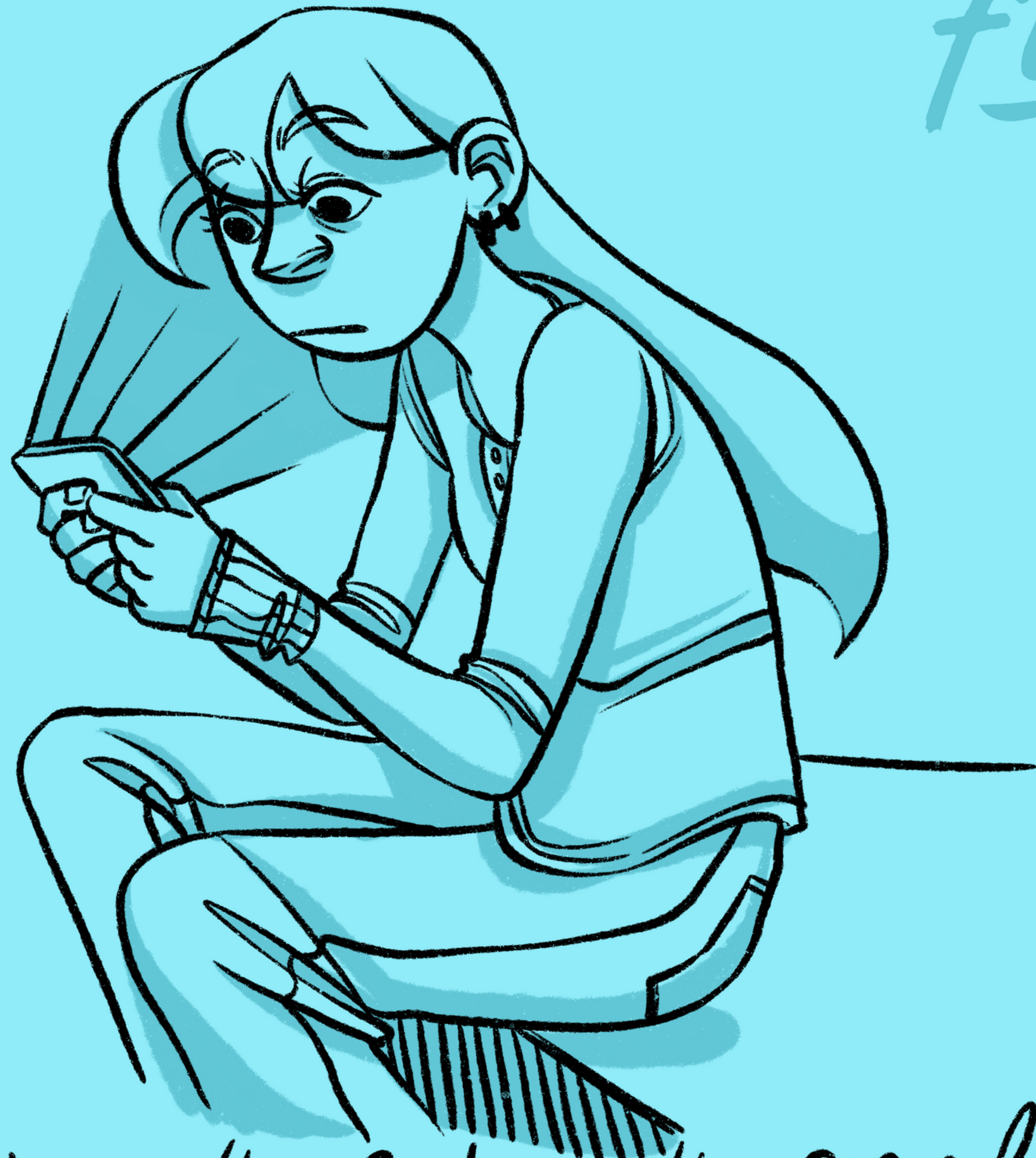
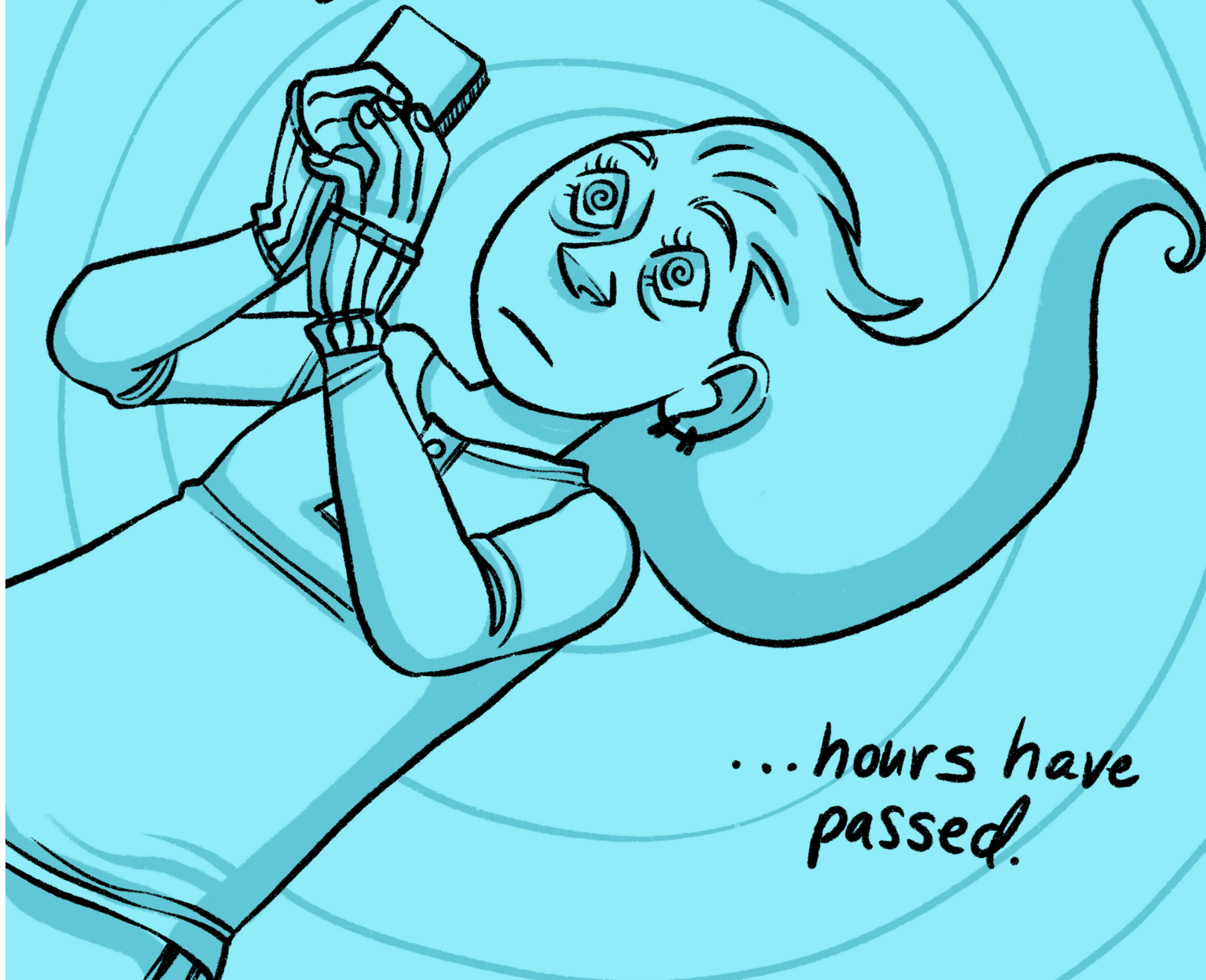


flow



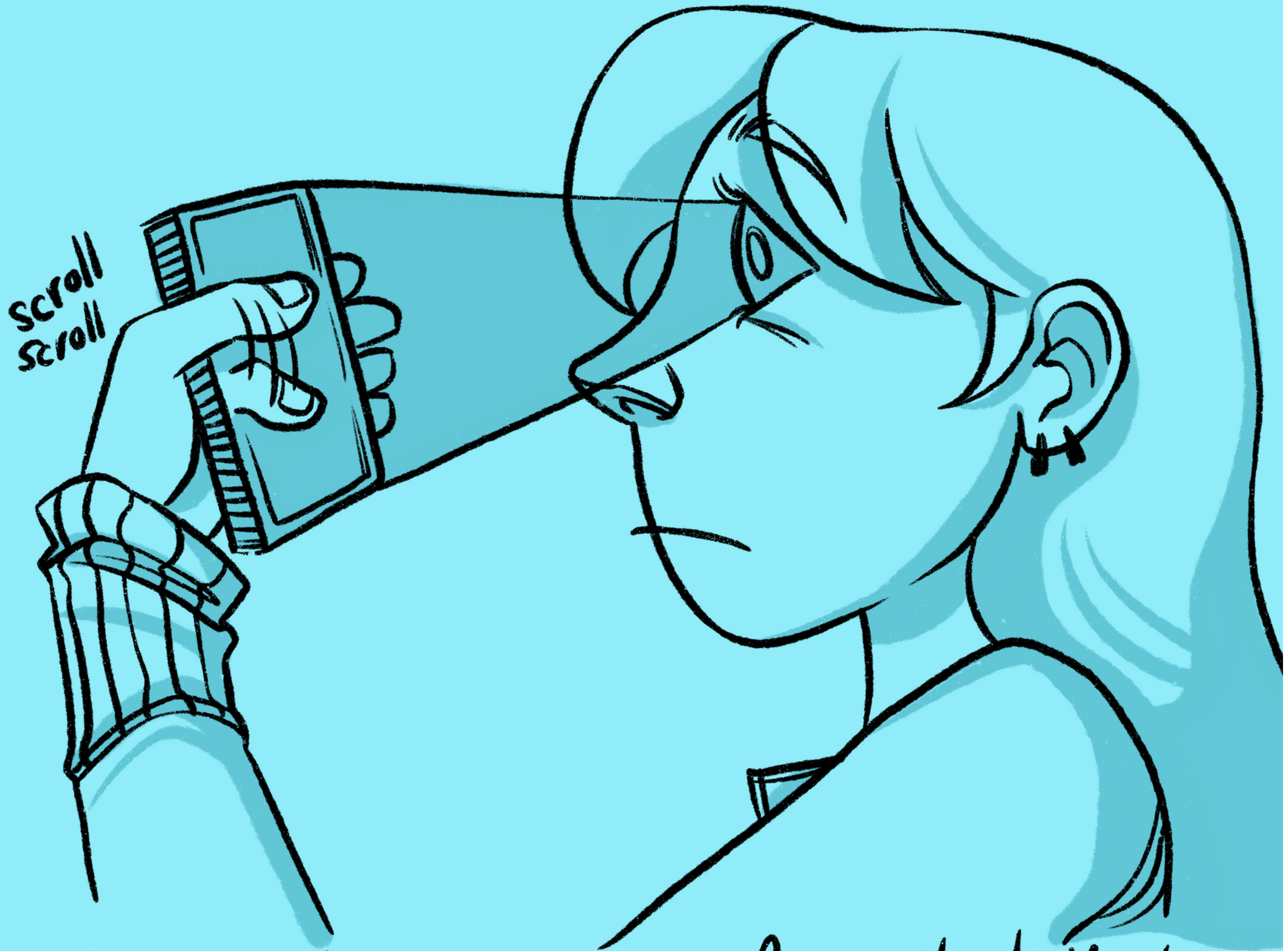
You know the feeling: the second you have a chill minute to yourself, you pull out your phone.

And before you
realize what's
happening...



... hours have
passed.


Your eyes hurt, your brain is foggy,
and you still can't seem to stop the scroll.



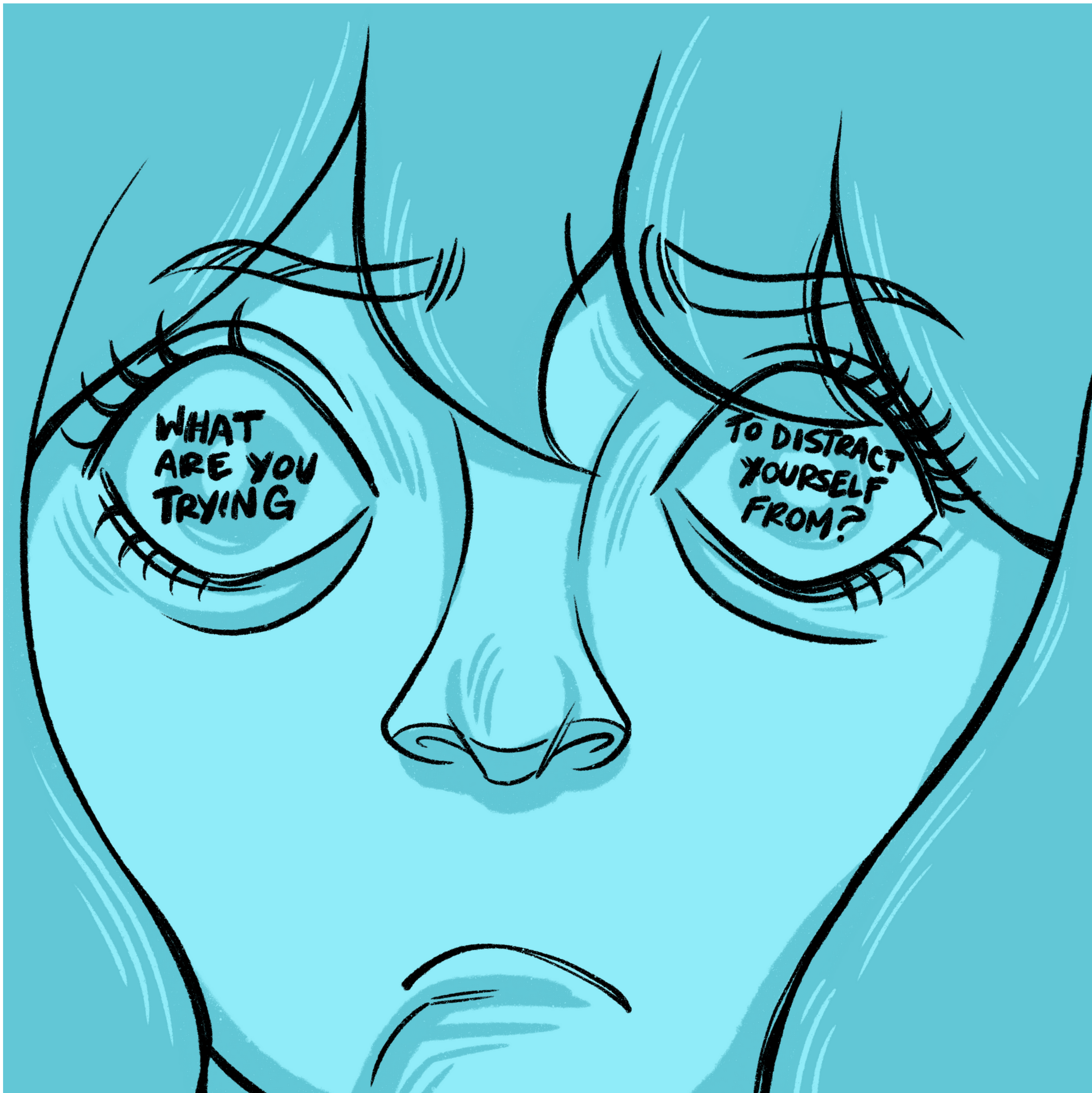
You're not even interested in what you're
looking at anymore, but you are just stuck.

But why?





When you can't stop
filling your eyes
and brain to
bursting with
media, you have
to ask yourself...



WHAT
ARE YOU
TRYING

TO DISTRACT
YOURSELF
FROM?

Is it negative
looping thoughts?
Is it debilitating
anxiety?
Is it scary
intrusive thoughts?
Regardless, if you
catch yourself in
this cycle, it's
important to
put the phone down →
pay attention to
these struggles.
The only way to get
better is to face
them head on.



What is it in your head that feels like too much to handle as soon as everything gets quiet?

