



THE 3-DAY TEEN RESET

For Overwhelmed Parents

How to reduce screen conflict,
rebuild motivation, and
calm your home fast.

By Sarah Jaclyn

EDUCATOR • COUNSELOR • PARENT COACH

START HERE

If your teen seems:

-  constantly on screens
-  irritable when asked to stop
-  unmotivated
-  emotionally reactive
-  bored by real life
-  resistant to effort

You are not alone.

This is more common than most parents realize.

And it does not mean your child is broken or lazy.

Often, it means their brain has adapted to high stimulation and low effort rewards.

The good news?

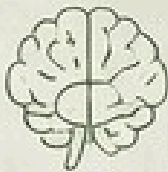
Brains can reset.



WHY THIS HAPPENS

Screens create a brain imbalance.

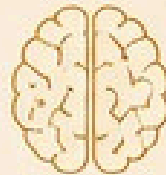
SCREEN BRAIN



- ✔ fast dopamine
- ✔ irritant reward
- ✔ constant novelty
- ✔ low effort
- ✔ endless stimulation

VS.

REAL LIFE BRAIN



- ✔ patience
- ✔ effort
- ✔ boredom tolerance
- ✔ emotional regulation
- ✔ delayed reward

After enough overstimulation, normal life can feel dull, frustrating, or “too hard.”

That’s why many parents mistake a brain pattern for a character flaw.

The good news? Brains can reset.

DAY 1



RESET THE ENVIRONMENT

Today is not about your teen.
Today is about the environment.

DO THIS:

- ✓ Remove devices from bedrooms at night
- ✓ Create charging station outside rooms
- ✓ Turn off unnecessary notifications
- ✓ Establish screen-free meals
- ✓ Reduce background TV/noise



SAY THIS:



"We're making a few family changes to help everyone's brain feel better."

Not punishment. Leadership.

DAY 2



EXPECT PUSHBACK

Resistance does not mean failure.
It often means the reset is working.

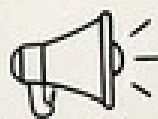
Your teen may show:



BOREDOM



ARGUING



**REPEATED
REQUESTS**

Stay calm.



SAY THIS:

"I know this feels hard right now.

"Hard does not mean harmful."

"I'm not fighting you.
I'm helping you."

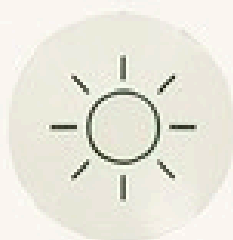
DAY 3



REBUILD REAL LIFE REWARD

Now we add what the brain actually needs.

TODAY ADD:



SUNLIGHT



MOVEMENT



NATURE



CONNECTION



ACCOMPLISHMENT



CONTRIBUTION

WHY?

Healthy motivation grows slowly
through real life wins.

WHAT TO EXPECT NEXT



Change happens in phases.
Here's what most families experience:



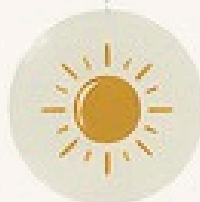
DAY 1-3 RESISTANCE

Expect pushback, boredom,
and emotional intensity.
This is temporary.



DAY 4-7 CALMER MOOD

Slight improvements in mood,
sleep, and communication
begin to appear.



DAY 8-14 FOCUS + MOTIVATION RETURNS

Energy, interest, and effort
start to rebuild.

Most families begin noticing
subtle shifts quickly.

If this helped in 3 days.. imagine 14?!?

WANT THE FULL RESET?

Teens vs. Screens

The Teen Brain Reset

THE 14-DAY RESET THAT REBUILDS YOUR CHILD'S
FOCUS, MOTIVATION, AND CONFIDENCE —
WITHOUT DAILY POWER STRUGGLES



By Sarah Jaclyn

FOUNDER OF THE RISE U™ RESILIENCE FRAMEWORK
NEUROSCIENCE INFORMED COACH & EDUCATOR

Teens vs Screens™ 14-Day Brain Reset

A complete step-by-step
family system.

- ✓ Full 14-day roadmap
- ✓ Daily scripts for hard moments
- ✓ Parent guidance every step
- ✓ Brain-based tools that work
- ✓ What to expect each phase
- ✓ How to sustain results

START HERE →

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REGULATION *Before* REASON.

When your teen is escalated:

Calm first.
Lead second.

— *Sarah Jaclyn*



YOU'VE GOT THIS.
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