

7-Day R&R Screen-Life Balance Challenge

For The People.

Urgent Call To Action.



DOSOC LOWIRO

RESET

REWIRE

RESET REWIRE is a practical resource for parents, youth, and young adults to reduce overstimulation, rebalance screen use, and turn FOMO into mindful moments that matter.



1

PROGRAM

Expert facilitation, digital resources, cohort connections & content creator track.

2

BENEFITS

Better Sleep
Sharper Focus
Reduced FOMO
Stronger Communication
Sustainable Family Routines

3

ACCESS

- 7-Day R&R Screen-Life Balance Challenge
- Community Series: Screen-Life Sustainability

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THE BRAIN

The brain's self-control and planning systems mature in the mid- to late-20s, so kids/teens are more sensitive to online rewards, feedback, and social pressure.

THE LINK

High daily screen use is linked to sleep issues, lower physical activity, attention & memory challenges, and higher symptoms of anxiety/depression in youth.

THE OUTCOME

Likes, streaks, and notifications trigger social-reward circuits.

Media multitasking (switching between apps/tasks) undermines focus and learning.

Start your screen-life balance.



- **☑** Commit
- **☑** Reduce Notifications
- **☑** Dock It
- **☑** One Screen Rule
- Reset Feed
- FOMO NOMO
- **3 2 1**

AWARENESS



Goal: Identify your screen-time triggers and commit to intentional balance.

Tasks:

- 1. Identify Your Triggers Write down your top 3 triggers that make you reach for your phone (e.g., boredom, hunger, frustration).
- 2. Check Bedtime Habits Note how and when you use devices before sleep.
- 3. Track Screen Time Review the average daily usage per app on your phone. (Settings--Screen Time)
- 4. Make a Commitment Commit to reset your habits and use this resource as a jumpstart to screen-life balance.





Goal: Reduce constant pings and interruptions to lower overstimulation.

Tasks:

- 1. Turn Off Non-Essential Notifications Go through your apps and turn off notifications for social media, games, shopping etc.
- 2. Enable "Do Not Disturb" or Focus Mode Schedule it during work, school, or sleep hours.
- 3. Mute Group Chats or Threads
- 4. Remove Notification Badges & Limit Push Alerts Disable those little red dots on apps—they trigger unnecessary checking.



Only keep notifications for urgent contacts.



Goal: Improve sleep quality by removing devices from the bed.

Task:

- 1. Create a Charging Station Outside the Bedroom Place all phones, tablets, and laptops in a central spot to charge overnight.
- 2. Set a Tech Bedtime Commit to putting devices away 60-90 minutes before sleep.
- 3. Relaxation Time Use the tech-free time to read, journal, stretch, or meditate.
- 4. Reduce blue light exposure to support melatonin production.



Dim lights, dim screens, and your body knows it's bedtime.

ONE SCREEN RULE

Goal: Strengthen focus and productivity by practicing single-tasking.

Tasks:

- 1. Eliminate Multitasking No second screens during homework, TV, or meals.
- 2. Focus Sprints Work or study in 25-minute blocks without distractions.
- 3. Set a Single-Task Timer Use a timer to track one activity at a time.



One screen at a time keeps your brain sharp.



Goal: Promote healthier emotions by curating positive and supportive online content.

Tasks:

- 1. Unfollow Negative Accounts Remove content that triggers comparison or anxiety.
- 2. Fuel Feed Follow accounts that inspire, educate, or uplift you.
- 3. Review Daily Scrolling Habits Notice which apps make you feel good vs. drained.



Scroll with purpose, not by habit. Fill your feed with what fuels you.



FOMO

(Fear Of Missing Out)



Goal: Reframe unhealthy comparison into gratitude and joy, while building confidence and communication skills that set healthy digital boundaries.

Tasks:

- 1. Daily 60min Break silence notifications and do something offline.
- 2. Each time you catch yourself comparing online, pause and write down 3 things you're grateful for in your own life.
- 3. Choose one friend or family member to call, meet, or write a note to.



Check out the FOMO coping skills included.



Goal: Reinforce wins and choose sustainable practices to continue beyond the week.

3 THINGS TO Reflect on

Look back on your week notice moments you felt in control, positive changes in your life, and lessons you learned about your screen habits.

2 THINGS TO Appreciate

Recognize ways you committed to this program and stuck with it.

1 THING TO

Choose your next step or repeat this 7-day guide to build consistency and continue strengthening your screen-life balance.



Reward yourself, celebrate your progress and build healthy habits.





SIGNS YOU'RE EXPERIENCING FOMO

Constantly
checking social
media to see what
others are doing.

Feeling jealous, sad, or irritable after seeing others' posts.

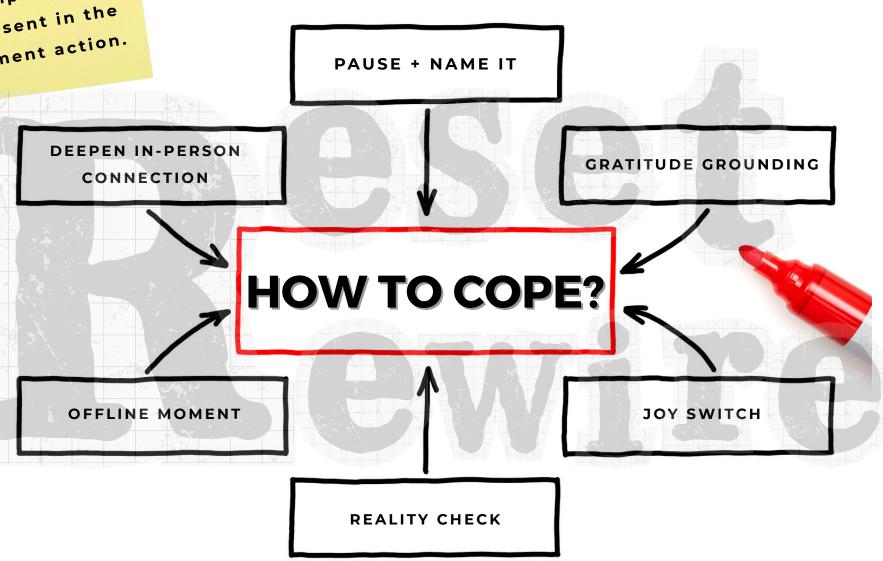
to say 'yes' to everything so you don't fall behind.

Thinking 'They're having more fun than me' or 'I'm left out.

Feeling anxious, distracted, or unable to enjoy where you are.

Reset ewire For The People. Reframing unhealthy comparison to present in the moment action.

MINDSHIFT TOOLS



Reset ewire