

# STAYING GROUNDED IN A DIGITAL WORLD

## A DIGITAL RESET GUIDE



### BRAIN, ATTENTION & MOOD

#### Your Brain in a Digital World

Digital platforms are designed to capture attention.

They often tap into the same systems the brain uses for reward, curiosity, and social connection.

When you scroll or receive notifications, the brain releases Dopamine, a neurotransmitter involved in:

- Motivation
- Reward processing
- Anticipation

#### Your Attention Is Limited

Digital environments constantly compete for your focus:

- Notifications
- Rapid content changes
- Multiple apps open at once
- Endless scrolling

Each time attention shifts, the brain has to refocus and re-engage.

Over time this can lead to mental fatigue and difficulty concentrating.

#### Mood and Comparison

Social media can offer connection, entertainment, and temporary mood lifts.

Over time, frequent comparison to curated content may also influence:

- Mood
- Self-esteem
- Identity and self-perception

### NERVOUS SYSTEM RESET TOOLS

#### 4-6 BREATHING

Sometimes your body needs a break from constant stimulation.

**Inhale for 4 seconds**

**Exhale for 6 seconds**

Longer exhales help signal safety to the nervous system.

#### 5-4-3-2-1 GROUNDING

Take a moment to name...

- 5 things you SEE**
- 4 things you FEEL**
- 3 things you HEAR**
- 2 things you SMELL**
- 1 thing you TASTE**

This brings your attention back to the present moment.

#### THE 90 SECOND PAUSE

Lower your shoulders.

Take three slow breaths.

Ask yourself:

**“What do I need right now?”**

Even a short pause can interrupt autopilot.

## DIGITAL AWARENESS PLAN – CHECK IN BEFORE YOU SCROLL

### WHY AM I OPENING THIS APP RIGHT NOW?

- Habit
- Boredom
- Connection
- Curiosity
- Avoiding something
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### HOW DO I FEEL AFTER 10–15 MINUTES?

- Energized
- Neutral
- Drained
- Anxious
- Inspired
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## DIGITAL BOUNDARIES

Small shifts can make a meaningful difference.

Consider choosing **one or two digital boundaries** that support your focus and wellbeing.

Examples might include:

- Setting aside screen free time during certain parts of your day
- Taking short breaks from scrolling
- Adjusting your feed so it includes content that supports your wellbeing
- Replacing some screen time with activities that help you reset

MY DIGITAL BOUNDARY:

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.....	.....
.....	.....

ONE SMALL CHANGE I WANT TO TRY THIS WEEK:

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.....	.....

**SMALL CHANGES CAN MAKE A MEANINGFUL DIFFERENCE.**

## KEY TERMS & TAKEAWAYS

### ATTENTION FRAGMENTATION

When your focus is repeatedly **interrupted** by multitasking, or rapid content changes.

Over time this can make it harder to concentrate deeply.

### AUTONOMIC NERVOUS SYSTEM

The part of your nervous system that controls **automatic body responses** like heart rate, breathing, and stress reactions.

### DOPAMINE

A **brain** chemical involved in motivation, reward, and anticipation.

Digital platforms often trigger dopamine, which can make scrolling feel hard to stop.

### PARASYMPATHETIC NERVOUS SYSTEM

Often called the **“rest and restore”** system.

It helps the body slow down, regulate, and recover.

### SYMPATHETIC NERVOUS SYSTEM

Often called the **“fight or flight”** system.

This system activates when the body perceives stress or stimulation.

### VARIABLE REWARDS

When rewards are **unpredictable**.

With scrolling, not knowing what the next post or video will be can keep the brain searching for more.

### NOTES:

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