

Task 3 Brainstorm

- turn off phone, do not disturb, put phone in another room
- usage time cap, designated time intervals
- delete unnecessary apps
- find hobbies, get involved, other things to focus on
- live like it's your last day alive
- critical thinking
 - not accepting
 - thinking deeper
 - investigating
 - time investment
 - compare + contrast different sources
 - logical connections

time

- dedicate / practice / focus
- value time

all
limiting
screen time
sleep
peer
collaboration
music

improve

critical thinking

- reading
- journaling / writing
- research
- diverse interests
- ~~sleep~~
- investing - math and money
- big life decisions

long term patience / focus

- hobbies
- ~~delete~~ deleting apps
- ~~the~~ listening
- puzzles
- reduce stress
- taking time

deeper, conceptual thinking

- trial and error
- asking why
- up to date, staying
- outside member / knowledge
- reading + remember / memory retention

creative output

- hobbies
- practicing
- the application of your thinking

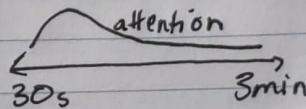
The Antidote to Shallows: How to Build Your Focus - Nicholas Carr

- Before internet: deep mode of thinking
- After internet: distractive thoughts
- neural reconstruction
- "The Shallows" → reference to our shallow attention span

Quality of a 13 yr-old

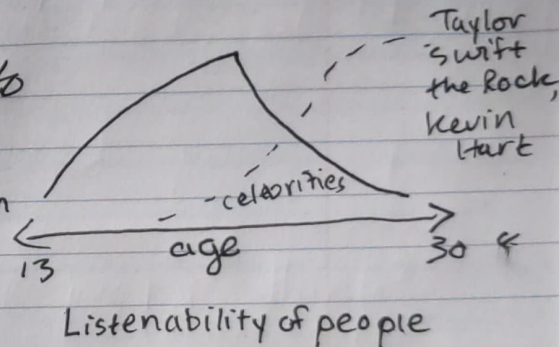
- Bratty - stubborn, "think they know everything"
 - self-centered
 - rebellious
 - emotionally unstable
 - don't like being talked down to

◦ Duration - 30s to 3 min



◦ Instant relatability

◦ Plan it out



Subjects: Can't sleep? | Have Insomnia

Solutions: get active, spend time away from the screen

blue light
wakes your
mind so you
can't sleep

→ tire your
body out,
expend excess
energy