








# SCAMPER

	<b>Substitute</b>	<ul style="list-style-type: none"><li>• Replace strict screen-time blocking with gentle AI suggestions to reduce anxiety and resistance.</li></ul>
	<b>Combine</b>	<ul style="list-style-type: none"><li>• Combine mood tracking + screen-time input to create personalized detox plans.</li></ul>
	<b>Adapt</b>	<ul style="list-style-type: none"><li>• Adapt habit-tracking concepts from fitness apps to support mental wellness and digital balance.</li></ul>
	<b>Modify</b>	<ul style="list-style-type: none"><li>• Modify complex wellness apps into a calm, minimal, student-friendly interface</li></ul>
	<b>Put to Another Use</b>	<ul style="list-style-type: none"><li>• Use screen-time data not for control, but to promote self-awareness and mindful breaks.</li></ul>
	<b>Eliminate</b>	<ul style="list-style-type: none"><li>• Eliminate notifications that create pressure or guilt; keep only supportive nudges.</li></ul>
	<b>Rearrange</b>	<ul style="list-style-type: none"><li>• Rearrange user flow to start with emotion (mood check-in) before analytics.</li></ul>