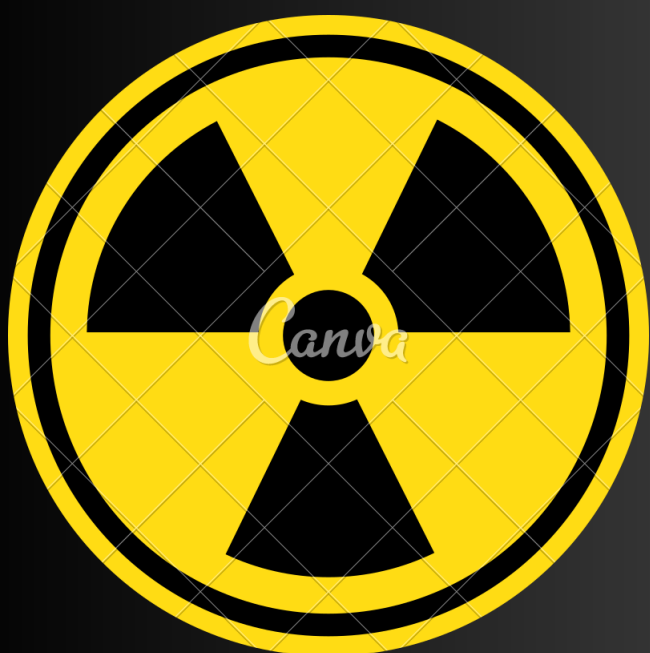


# DANGERS OF DOOMSCROLLING



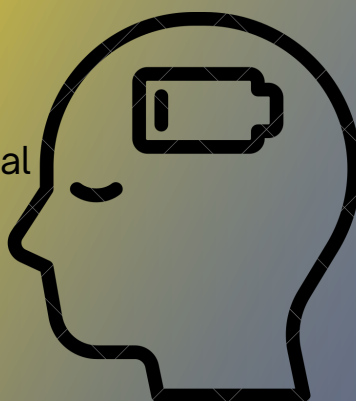
## WHAT IS DOOMSCROLLING?

Doomscrolling occurs when you realize you've landed on a story and have no idea how you got there. You can't remember why you even got on your phone in the first place, but now you're reading hundreds of comments or retweets of someone you don't even follow

## IMPACT ON MENTAL HEALTH

Doomscrolling increases the risk of mental health challenges such as:

- Anxiety
- Depression
- Difficulty sleeping
- Stress



## IMPACT ON PHYSICAL HEALTH

Doomscrolling can become a habit that interferes with other activities, responsibilities, and daily life such as:

- Exercising less
- Eating unhealthy foods
- Gaining weight
- Increased risk of autoimmune disease, diabetes, fatigue, and high blood pressure



## HOW TO STOP DOOMSCROLLING

- Notice when something online makes you feel bad and take a break after.
- Keep another activity on hand to replace doomscrolling easily.
- Limit your screen time.
- Avoid reading negative comments on social media from other users

