**Notes to the performer:**

*Ideally, this should be performed with headphones.*

Download and configure the android app that you wrote.

Open the app. Let it sit.

Start playing the backing track (wip)

Let it sit.

Zooming in to class? Consuming content? Doomscrolling? Screen time?

Let it sit some more. Do whatever you’re feeling (screaming, gesturing).

When you can’t take any more, turn it off.