

All you need to know about MINDFUL SCROLLER

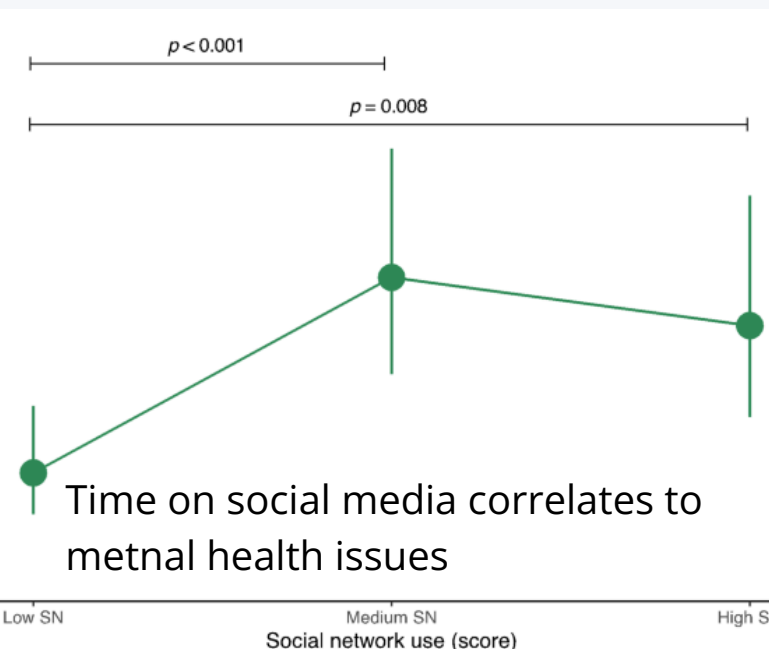
1 OVERVIEW

Mindful Scroller is a plugin that helps people stop endless scrolling. Instead of blocking them, it gives gentle reminders and real-life activity suggestions based on what you watch.



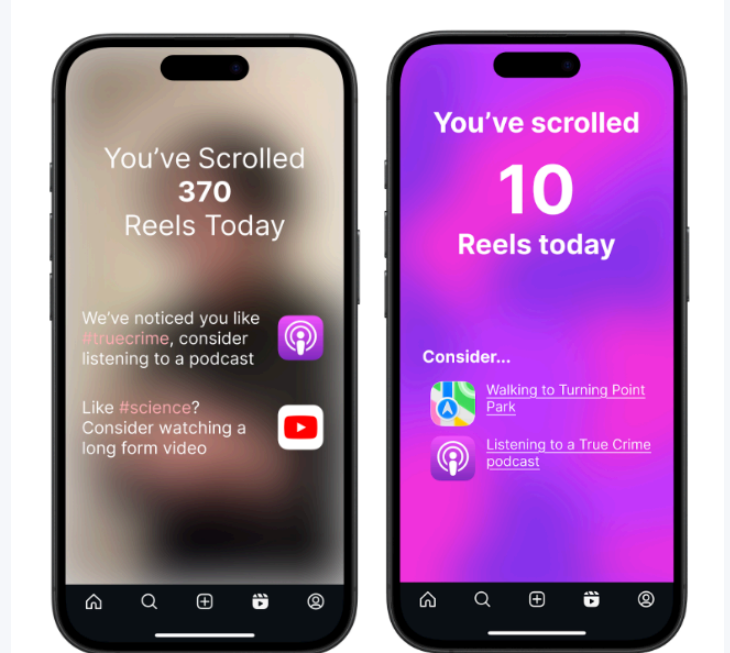
2 WHY DO TEENS SCROLL?

Many teens scroll to cope with stress, boredom, or anxiety. It's an easy way to stay distracted, but it can lead to less focus and more screen time.



3 FEATURES AND FUNCTIONALITY

It tracks how long you've been scrolling and gives reminders when you hit your limit. It suggests short breaks or small activities based on the data it collects.



Cold turkey, a similar app

4 CHALLENGES

Mindful Scroller uses local data only and does not share your information. Staying consistent with reminders can also take effort.

5 RECOMMENDATIONS

Mindful Scroller helps people take control of screen time without guilt. It's flexible and easy to use, making it great for students and busy teens.

