

# Free yourself from the scroll-hole.

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Here are some **helpful tips** to free yourself from the endless scrolling:

- Plan things to do when you would normally scroll, that make you feel good
- Set time limits for social media using your phone's screen time limits or use account settings in Facebook, Instagram and TikTok
- Swap out screen time for something that lights you up, even if it's only for 10 minutes – like journaling, water colour painting or perfecting your skincare routine.

