



How to Deal with Screen Fatigue

Reduce Screen Time

Limit the amount of time you are in front of a screen (Computer, phone, TV, video games etc.)

Walk away from the Screen

Separate yourself from a screen. Take short breaks, stand up, look out the window and focus on nature while listening to your teacher. Focus on other things in the room instead of any screen. Take notes by hand to limit time spent looking at the screen.

Relaxation

Use a yoga mat or set up a sitting area for relaxation away from the screen where you can take a small break between class periods or during lunch. Remember to also relax your eyes. Close your eyes and practice some deep breathing.

Outdoor fun

After school, enjoy some outdoor games away from a screen. Take a walk by yourself or with someone from your household. Help with some yardwork activities for exercise and family connection.

Pick up a new non-technological hobby or hobbies

Learn a new hobby, such as painting, drawing, knitting, playing an instrument, woodworking (e.g. build a birdhouse) etc. Learn any NEW HOBBY that keeps you away from a screen.

Zoom fun

Enjoy some non-schoolwork related fun Zoom conversations with friends or family.

Use a Planner

Use a paper planner to write down assignments, dates to remember, due dates etc. to help you stay organized and help with managing your time. Planners are also a great place to doodle and draw great picture designs.

