



Reclaim Your Screen: Managing Screen Time & Digital Overload Without Guilt

WEBINAR





How today works

A warm, low-pressure hour together.

60 minutes

A practical conversation about screen time, digital overload, and small shifts that can help.

Ask questions anytime

Drop questions in the chat. We'll save time for open Q&A at the end.

Education, not therapy

Today is educational and not a substitute for medical advice or treatment.

Replay + resources

A recording and follow-up resources will be shared afterward.

You're welcome to take what's useful and leave the rest.



A little compassion before we start

Screens are woven into modern life. The goal isn't perfection—it's choice.

**Your screens aren't
a character flaw.**

They help you work, connect, rest, and
find joy.

Compassionate

Not prescriptive.

Grounded

In psychology, not
judgment.

Small shifts

Not detoxes or overhauls.

Human

Built for real life.



Meet Your Host



Natalia Andreev

**Licensed Professional
Counselor**



Let's take a poll



Join Online

- ① Go to **PollEv.com**
- ② Enter **nataliaandreev**
- ③ Respond to activity

Join by Texting

- ① Text **nataliaandreev**
to **22333**
- ② Text in your message



Today's Agenda

- ① It's not just the hours: quality vs quantity
- ② The doomscroll & comparison trap
- ③ Why screens tire your body, not just your mind
- ④ Your intentional-use toolkit
- ⑤ In-the-moment resets
- ⑥ When to seek support
- ⑦ Q&A
- ⑧ Conclusion

After a long stretch on your screens, how do you usually feel?

Refreshed / connected

0%

Foggy or drained

0%

Anxious or “behind”

0%

Numb / on autopilot

0%

A mix of everything

0%





It's Not Just the
Hours: Quality vs.
Quantity





Quality matters more than the number

The same hour online can nourish you or deplete you.

Active use

Creating, connecting,
messaging real people,
or participating with
purpose.

Passive use

Endless scrolling,
watching, lurking, or
consuming by default.

Did this leave me better or worse?

A useful self-check

Not a rule.
Not a verdict.
Just noticing.



What screens quietly crowd out

The cost is often invisible in the moment.

Rest

The ten quiet minutes before bed.

Movement

The walk you meant to take.

Recovery

A chance to look away and stretch.

Presence

Being fully with someone nearby.

This is about opportunity cost—not willpower.



The Doomscroll & Comparison Trap





Why doomscrolling is so sticky

Threats stand out

Negativity bias pulls attention toward what feels urgent or alarming.

The feed keeps going

Outrage and uncertainty can make the next post feel necessary.

Relief never arrives

We keep scrolling, hoping the next update will settle us.

If you've ever scrolled at midnight feeling worse and worse, that's the pull—not a personal failing.

What most often keeps you scrolling longer than you intended?

Losing track of time

0%

Fear of missing something important

0%

Boredom or habit

0%

Stress or avoiding something else

0%

Just one more video... and another!

0%



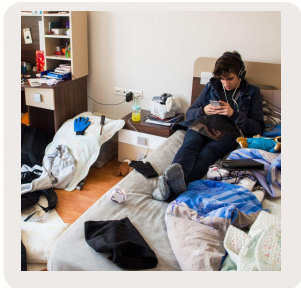


The comparison trap

Your ordinary, behind-the-scenes reality meets someone else's highlight reel.

Your Day

**Unfiltered.
Messy.
Human.**



The Feed

**Curated.
Polished.
Selective.**



You can't turn off comparison entirely.
But you can curate what you feed it.



Screens Tire Your
Body, Not Just Your
Mind

What's your biggest source of digital fatigue during the workday?

Back-to-back video meetings

0%

Constant emails and notifications

0%

Switching between multiple tasks and apps

0%

Feeling pressure to always be available

0%

- All of the above!

0%





Why video calls are so draining

A leading theory points to four contributors.

Close-up eye contact

Everyone appears to stare at you at once.

The all-day mirror

Seeing yourself can add a constant self-monitoring load.

Cue overload

Reading and sending nonverbal signals takes more effort on video.

Sitting still

Cameras keep you in one small spot for hours.



Your eyes and body feel it too

Long stretches of screen focus
are linked with:

- eye strain
- dryness
- headaches
- stiffness
- sometimes called *digital eye strain*



Your intentional-use toolkit



Be honest... what's the first thing you typically do when you wake up?

Check my phone before getting out of bed

0%

Look at notifications, emails, or messages

0%

Reach for coffee or breakfast

0%

Take a few moments for myself

0%

Hit snooze... several times!

0%





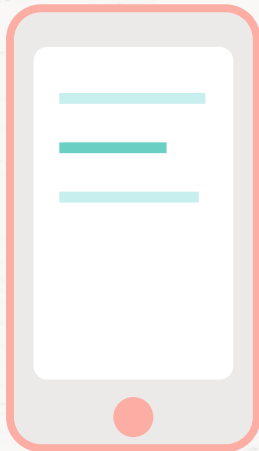
Quick toolkit overview

- 1 Audit without judgment
- 2 Curate your content diet
- 3 Swap passive for something that fills you back up
- 4 Fix video-call fatigue
- 5 Protect your eyes and body



Audit without judgment

Use your screen-time summary as a curious scientist—not a judge.



Notice the pattern:

- Which apps take the most time?
- Are you actively engaged or passive?
- Which leave me better vs. worse?

Tonight: notice one app + how it usually leaves you feeling.



Curate your content diet

You have more control over what you consume than how long you're on.

Hide what drains you

- Mute, unfollow, or hide accounts that leave you anxious, envious, or small.

Choose what restores you

- Follow what informs, calms, or genuinely delights you.

Make it easier

- Muting is a quieter first step when unfollowing feels socially loaded.

Think of it like food: you're choosing what's on the plate.



Swap passive for something that fills you back up

The goal isn't just less scrolling. It's a kinder replacement.

When I catch
myself scrolling...

swap

...for a tiny offline anchor

short walk · stretch · text a friend directly

step outside · two minutes of music

Replacing a habit is easier than simply resisting it.



Fix video-call fatigue

Try one of these in your very next meeting.

1

Hide your self-view once your camera is framed.

2

Take audio-only breaks in long meetings.

3

Shrink the window or step back from the camera.

4

Normalize camera-off time when it isn't needed.

A simple first move: hide your self-view.



Protect your eyes and body

Small, frequent breaks beat one long one.

20 · 20 · 20

Every ~20 minutes
look ~20 feet away
for ~20 seconds

- ✓ Stand up and stretch
- ✓ Blink often
- ✓ Shift your gaze
- ✓ Give your body a reset



In-the-moment resets





Reset 1

The intentional pause

A pause is not a ban. It gives your future self a beat to choose.

What am I
reaching for this
for right now?
Name it.

Boredom

Stress

Avoidance

Loneliness

Purpose

Then choose with a little more information.

The 60-second body reset

Change your position. Change your gaze. Give your system a micro-break.

1

Stand up

Let your body
change shape.

2

Roll your shoulders

Release a little of
the tension you're
holding.

3

Look away

Out a window if you
can.

4

Take a few slow breaths

No perfect
technique required.

Gentle is enough.



What's one small swap?

No pressure. Just noticing.

Which screen
habit reliably
leaves me worse?

What's one small
swap I could try
this week?

Awareness is the first step toward change.

It may be time to reach out if...

Digital overwhelm can be a signal—not a verdict.

The overwhelm, anxiety, or low mood persists even after you cut back.

You feel unable to step away, or anxious when you try.

It is affecting sleep, work, relationships, or your sense of self.

Needing support isn't a weakness. It's a smart, human response.



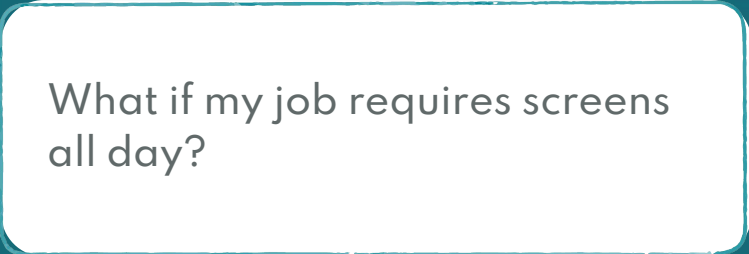
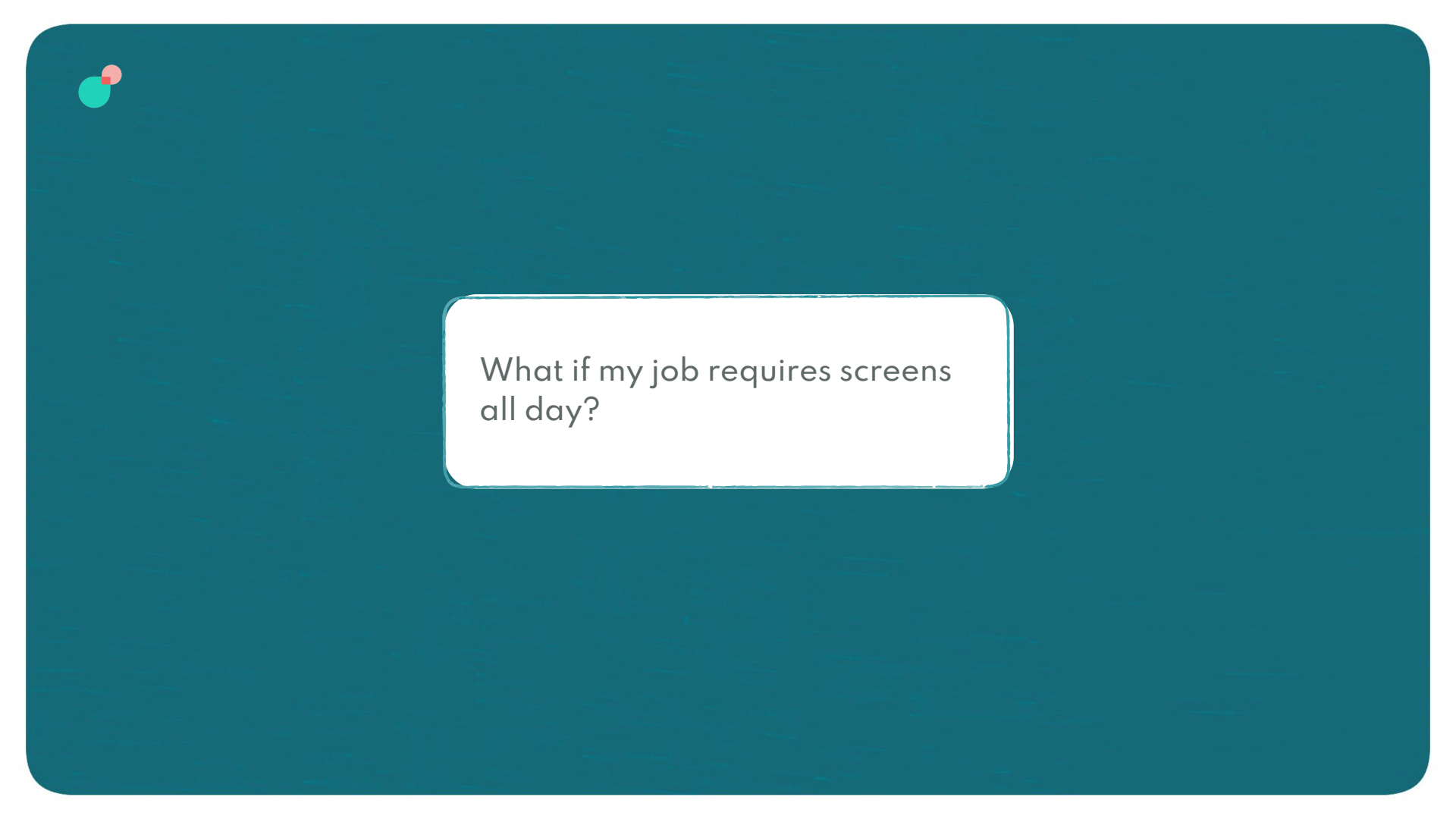
Q&A Discussion



How do I cut back without
feeling like I'm missing out?



What if the people around me
are always on screens?



What if my job requires screens
all day?



Protect your attention. *Protect your calm.*

Tava Health is here when you need more than a webinar.

Start with one small shift: notice how your screen time leaves you feeling—and do a little more of what fills you up. Ask your HR team about your Tava benefit, or visit:

care.tavahealth.com

Confidential &
covered

Next-day
availability

100% partner
satisfaction



Thank you 