

# Simple tricks to limit screen time

Got work or assignments to finish but you are tempted to scroll on your phone instead? In our fast-paced digital world, a screen has gone from once being a strange tool to now becoming a daily necessity. With devices becoming essential for school and work, it seems impossible to cut down on that nasty screen time.

With how addictive social media is, the thought of putting your device down seems like a nightmare. Why get any work done when you can scroll and watch eye-catching reels instead?

Excessive screen time has been linked to health problems, such as obesity and high blood pressure, and can also affect your mental well-being. But do not stress just yet! With these simple tips and tricks, you can cut down on your screen time and balance out your life perfectly.

## Turn off your notifications

Although this may seem like a strange choice to make, especially if you need notifications for work purposes, this method is a great way to filter out those distracting texts and notifications from apps that are not a priority. Distracting notifications on your phone are designed to steal your attention in the quickest way possible.

By switching off notifications for social media apps, or leaving your phone on 'Do Not Disturb', you can carry on with your tasks without fighting the urge to scroll away on your phone for hours. You will be shocked to see how your screen time is reduced in half with something so simple.

For iOS users, the 'Focus' option is a great way to filter out certain notifications, either for work, personal time, etc. Android

devices also have a focus option, allowing you to put a pause on distracting apps.

## Set a limit

Another commonly used option to reduce screen time is to set a screen time limit. These can be done manually on your settings app on your device, or separately on many apps for which you want to cut down your usage.

Setting limits is a very effective way to spend less time on distracting apps and also gives you more time to spend on more productive activities.

Screen time limits are also a great way to get ready before bedtime. Having a set limit of time to spend on your device, makes it easier for you to set a routine as well as reduce your exposure to blue light, helping you fall asleep better.

## Get a hobby!

Seriously, get a hobby. Sometimes, it is as simple as that! With all the options available, there is a hobby out there for you to pick up and fall in love with. Hobbies are a great way to not only cut down screen time but to also have fun and be productive.

Instead of watching someone paint a portrait on reels, why not try it out yourself? Or perhaps you can become a writer and put out your best poetry like those accounts you see popping up on Facebook.

You can even use your screen time to



search and follow up on fun and interesting hobbies and connect with people. Once you get immersed in a leisurely pursuit, you will notice just how easy it is to get off your phone; that long screen time will be something of the past!

## Delete social media

Unless social media is a necessary tool for work purposes, the most helpful option for reducing screen time is to delete social media apps. This drastic change can initially be overwhelming, but many people have reported that this decision led to a massive change in their routine positively, and of course, reduced their screen time drastically.

Social media is fun, but it can also be highly distracting and is one of the main culprits as to why our screen time is so long. Deleting apps like Instagram, TikTok, X, and Facebook can help you improve your focus, free up time, and improve your mental health immensely.

If deleting apps completely seems too daunting, you can set time limits on these apps or log out for some time and take a social media break. Disconnecting from the online world may seem scary, but you will notice the benefits immediately, with reduced anxiety instead of increased screen time.

## Make your phone boring

Making your phone "boring" might sound ridiculous, given just how easily addictive they are, but there are ways to make your phone a total yawn.

A unique way to do this is to turn on the greyscale option on your phone. This will change the colours on your phone to black and white only, making your phone extremely dull-looking. This trains your brain to check your phone less, as the main way in which devices grab your attention is by the bright and vivid colours on the screen.

Another way to make your phone boring is to delete or avoid downloading "fun" apps. These can be games, or distracting apps that cause you to spend hours on your phone. Removing colourful widgets and switching your phone wallpaper to an unattractive one can also help in making your phone a bore.

By Adiba Islam

Photo: LS Archive/ Sazzad Ibne Sayed

# Brain rot: How to beat it!

**What is brain rot? Signs that your brain is rotting How to avoid brain rot Reclaim your time Limit screen time Revisit simpler joys Create before you consume**

If you have ever lost hours of your life scrolling through endless TikTok reels, debating the supremacy of kachchi biriyani over tehari on Facebook, or stalking your cousin's latest engagement photos for the 87th time, congratulations! You might already be familiar with brain rot. The term, crowned as Oxford's Word of the Year, is not just internet slang anymore; it's a diagnosis.

But what exactly is brain rot and why does it feel as if our collective heads are slowly turning into a mush of clickbait headlines and viral dance challenges?

Think of it as the intellectual equivalent of eating fuchka from a questionable vendor by the roadside. It's amazing when you put it in your mouth but months or years down the line of constantly having it, your inwards are ruined. To put it simply, brain rot is the slow deterioration of your attention span, critical thinking, and even meaningful conversational skills as a result of the ever-present flood of irrelevant information.

It's the reason you know every detail about a celebrity divorce but forgot your friend's birthday last week. It's why you can memorise a reel's sound in one go

but struggle to remember the number of districts in Bangladesh.

This is not just an individual problem—it's a societal one. From university students losing themselves in meme pages during finals season to office workers sneaking in YouTube sessions during work hours, brain rot has quietly infiltrated every aspect of our lives.

**Scroll regret:** You started

with a quick Facebook check and ended up watching a chicken-themed cooking hack at 2 AM. The chicken was not even cooked properly!

## Attention span:

You cannot get through a five-minute YouTube video without pausing to check WhatsApp, Instagram, and Foodpanda offers.

**Mindless conversations:** Your everyday chats revolve around what "someone" said on a random Facebook group, yet you cannot remember your last meaningful conversation with a real person.

**Chasing trends:** You have debated whether green jilapi was an abomination or a masterpiece more times than you have considered your own career goals.

If any of these sounds familiar, you are already in the danger zone.

Not everything on your timeline deserves attention. If it is not teaching you something

valuable or making you genuinely laugh, skip it. Follow content that nourishes your brain, not stuff that makes you feel like an extra in a badly written Bangla drama.

Instead of spiralling into a three-hour meme binge,

try spending some of that time reading an actual book or cooking that long-forgotten recipe your mum swears by. Small acts of mindfulness help reset your brain.

Use those built-in screen time apps to set daily limits. You do not need to know what someone's third cousin ate for breakfast or why some random influencer's

workout video is going viral. Trust me, your sanity will thank you.

Remember when family evenings were about ludo or chatting over tea? Bring that back. A proper adda with friends or family will do more for your soul than a trending dance challenge ever could.

Instead of watching others' lives on a loop, start creating something of your own. It could be as simple as writing down your thoughts, sketching, or even making plans for that dream coffee shop you will one day open.

Brain rot is more than just an abstract idea; it's the actual effort to maintain mental acuity in a world that continuously draws you closer to unimportant things. It is the reason why, even when you have "done nothing" in theory, you feel exhausted at the end of the day.

But here's the thing—your brain is not beyond saving. With a little effort, you can pull it out of the endless scroll pits and bring it back to life. So, the next time you catch yourself deep in the void of content, pause, take a breath, and ask yourself, "Do I really need to know if someone's cat has more followers than me?"

Spoiler: You do not! And that, my friends, is how you beat the rot.

By K Tanzeel Zaman

Photo: Collected

