

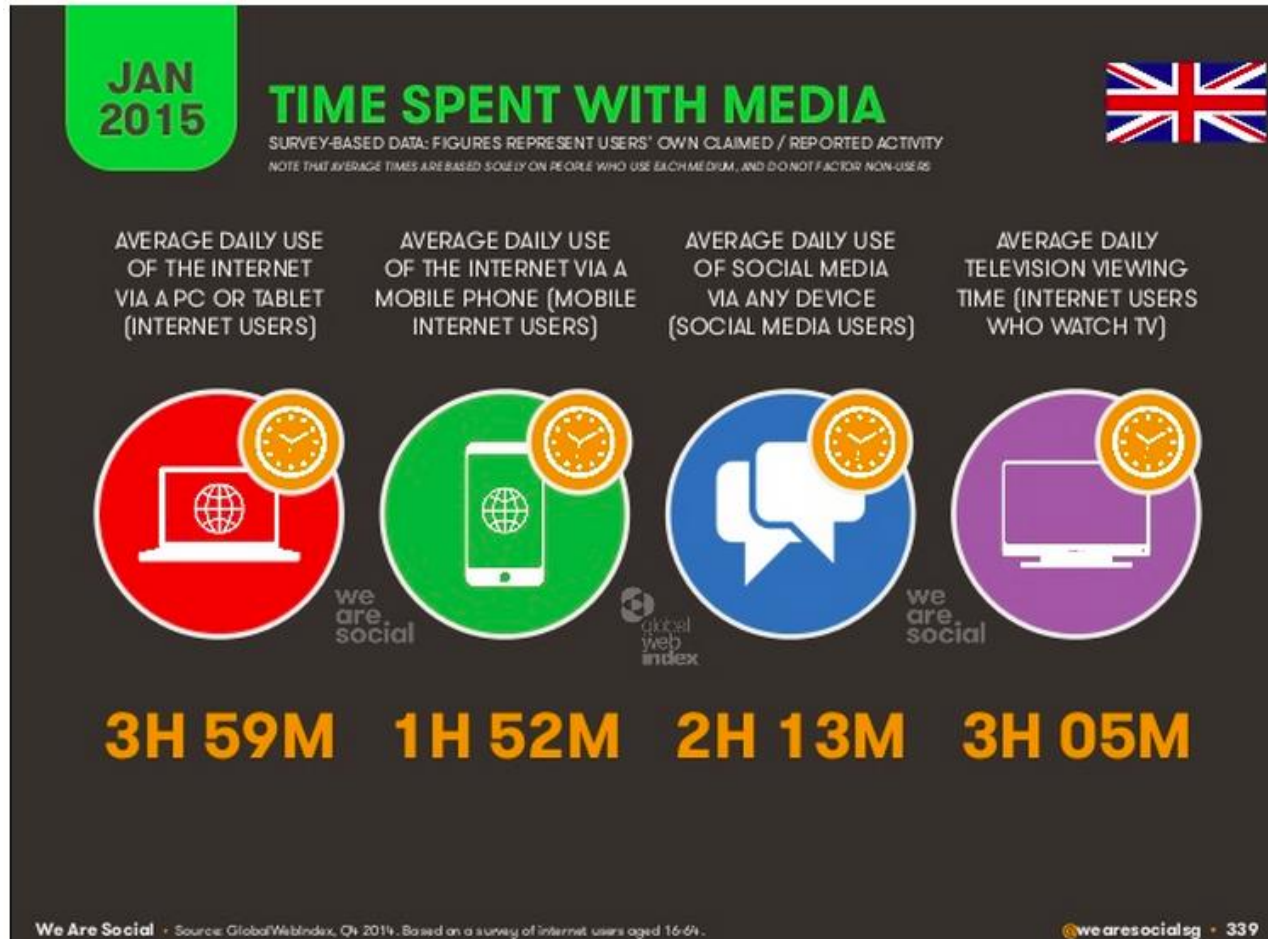


ST PAUL'S SCHOOL
Est. 1509

Mental Health and Wellbeing

Technology and Stress

How often do you use your phone?

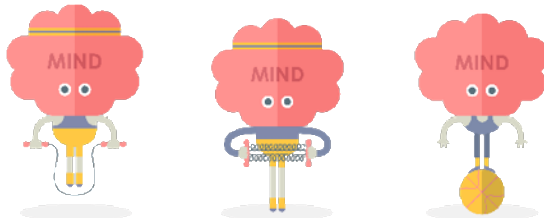


Signs your use of social media is unhealthy

- 1. You Have To Respond... Immediately**
- 2. You Have Phantom Cellphone Syndrome**
- 3. You Have A Bad Case Of FOMO**
- 4. You're Not Paying Attention To Your Friends & Family**
- 5. You Feel Restless When You're Away From Your Phone**
- 6. Poor Performance In School**



Useful Apps



'Wellmind'

Pacifica



BreakFree

A first of its kind, revolutionary mobile app, aimed at controlling smartphone addiction and helping you maintain a healthy digital lifestyle.

Catch It



SAM App

Anxiety Management on your Mobile

