

B2 Vlog-style mediation: Nomophobia and Doom Scrolling

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Task: You and your partner have a vlog called *Own your life* in which you discuss trendy topics. Your followers have asked you to post a video on how to reduce the addiction to phones. You have to prepare the script and record it (5 minutes max audio).

Student A tackles problems + tips 1 to 5; student B deals with problems + tips 6 to 10.

1. Checking your phone on autopilot	 https://www.youtube.com/watch?v=IMwXNOxhhYLg	10. Handling silence and stillness
2. Nomophobia		9. Loss of creativity
3. Late night scrolling		8. Doom scrolling as escape valve
4. Living through your camera		7. Mental overload
5. "No time" myth		6. Lonely relationships / Isolation