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		10. Handling silence and stillness
2. Nomophobia	https://www.youtube.com/watch?v=MwXNOxhhYLg	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

LIVEWORKSHEETS