



RESCUE
YOUR MIND
FROM THE
AI LOOP





IDLE SITTING

Sitting idle from time to time is good for the brain as it can pause and recalibrate without overstimulation. A village in Punjab's Moga district took digital detox to an extreme by hosting an "Idle Sitting Contest". Participants sat without phones or movement, with the winners lasting 31 hours! Perhaps, this should be an addition to modern games, given the herculean effort needed to stay away from one's phone?

SET HARD EXIT RULES

You can limit the duration of seeing notifications, opt for no notifications over the weekend, and avoid AI or social media beyond a certain hour of the night. This is a forced break from the loop of seeing notifications, going on to the platform and doomscrolling.





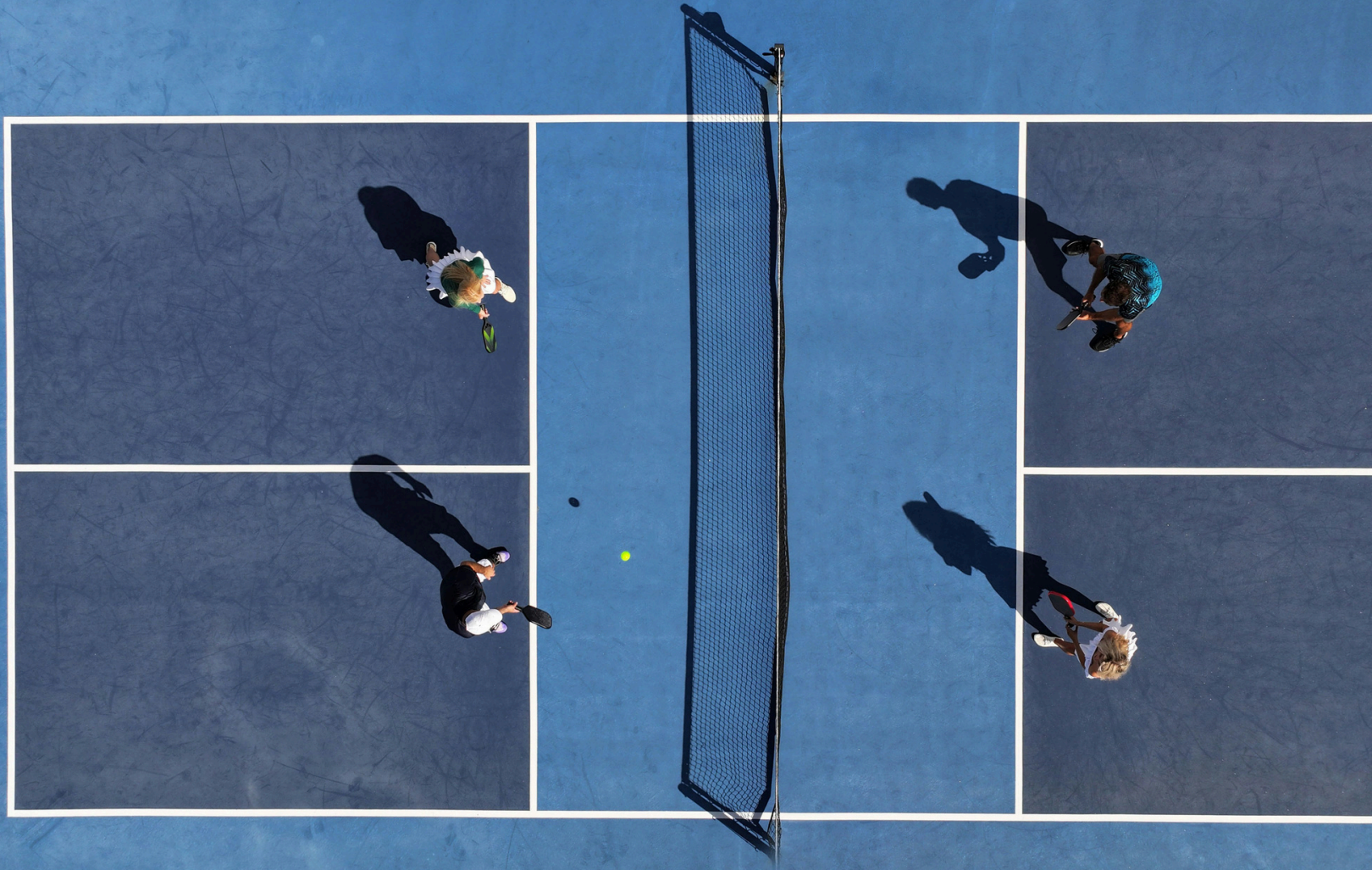
TINY HUMAN SHIFTS

Instead of reaching out to AI for an answer to a query or for advice, replace it with human contact. For instance, call a friend for advice instead of chatting with AI, or join a hobby group like a book club or pottery class instead of using social media for entertainment.

SLOW DOWN

The AI-tech loop has us feeling constant FOMO. We are always scrolling or browsing to not miss the most important news or update which seems to lie just out of reach at the next corner. Instead, ditch the gadgets and do things that let you slow down like sensory grounding (noticing things you see, hear or feel) or go on a leisurely walk.





GO ANALOG

Take up tactile or physical activities like a sport. You can also challenge yourself to solve a problem mentally without using AI or the internet, which can boost your critical thinking and problem solving skills. Read the newspaper instead of relying on social media or aggregator apps and go back to reading physical books instead of ebooks.