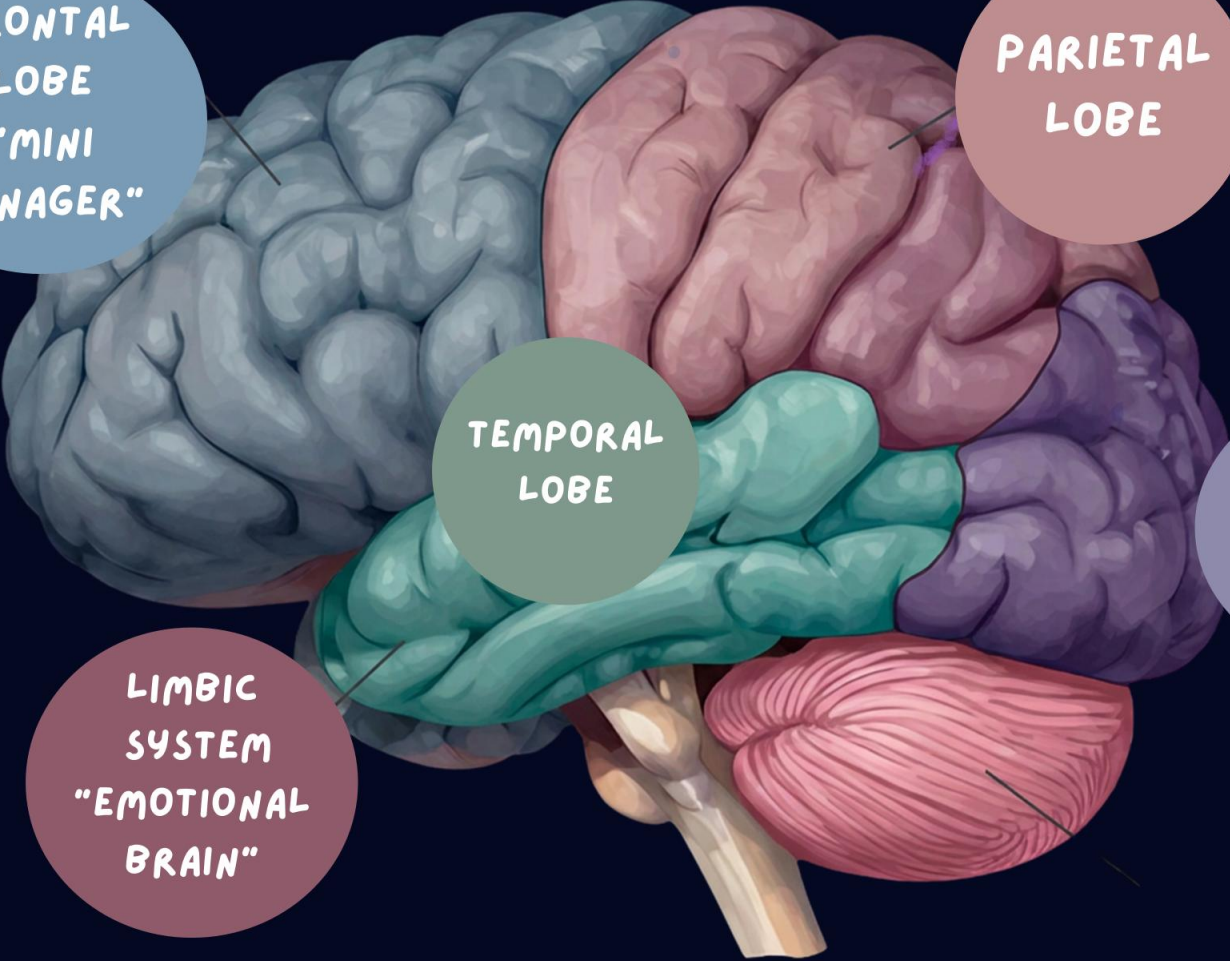


The Body Trap





FRONTAL
LOBE
"MINI
MANAGER"

The diagram shows a lateral view of the human brain. The frontal lobe is colored blue and is the largest part. The parietal lobe is colored pink and is located behind the frontal lobe. The temporal lobe is colored green and is located below the frontal and parietal lobes. The occipital lobe is colored purple and is at the back of the brain. The limbic system is colored red and is located below the temporal lobe. The brain is shown with its characteristic folds and grooves. The callouts are in colored circles with lines pointing to the corresponding brain regions.

PARIETAL
LOBE

TEMPORAL
LOBE

OCCIPITAL
LOBE

LIMBIC
SYSTEM
"EMOTIONAL
BRAIN"

You Are the Pilot

→ **Warning light flashes. Do you ignore it?**

Obviously not. A good pilot checks every alert before it becomes a crash.

→ **Your body works the same way.**

And you're the one in the cockpit.

→ **Think about it:**

What warning lights would matter most in a real plane?





Your Body Has a Dashboard

Every system sends a signal, and the dashboard is **always** on.

The question is whether you're reading it.

 **Eyes**

 **Sleep**

 **Hunger**

 **Thirst**

 **Posture**

 **Movement**

 **Stress**

 **Focus**



The Screen Gets Loud

Videos. Games. Group chats.

Notifications. Scrolling. Autoplay. *One more minute.*

The louder the screen gets...

...the easier it is to miss the body's signals.

Warning Lights Getting Missed



Tired Eyes

Dry, heavy, hard to focus



Headache

Dull pressure building



Racing Heart

Pumping before you know why



Tight Neck

Stiff, sore, tense shoulders



Stomach Drop

That sinking feeling

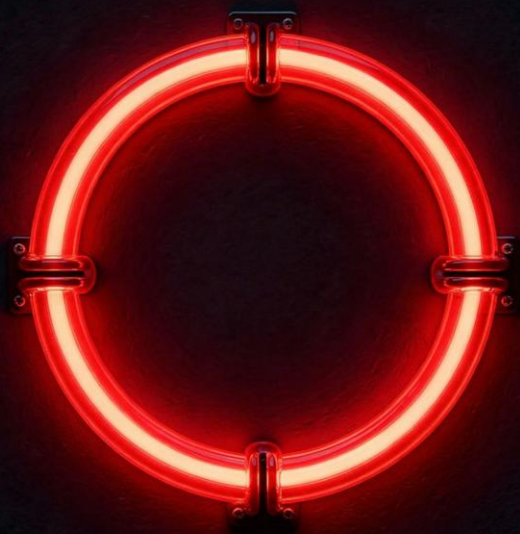


Brain Fog

Can't think, can't focus



Which of these warning lights have *you* noticed before?



The Body Trap - Defined

The Body Trap: when a screen, habit, or digital drama takes over the cockpit and you stop noticing what your body is trying to tell you.

Addicted

Bad at self-control

Screen ↑

Body ↓

The warning lights are still flashing. **The pilot just stopped looking.**

CASE STUDY

Meet Emma



Last night: short videos, messaging friends, one more video, one more reply - then finally sleep. **Late.**

A notification woke her at 2am. Phone was right there.

First thing she sees in the morning: her phone. Before she's moved, eaten, had water, or seen daylight.

Her brain is already processing social information, and the day hasn't even started.

CASE STUDY

Emma: On the Bus

The Setup

Head down. Shoulders forward. Eyes on the screen. Body completely still.

The Trigger

A message. Two friends might be upset with her. She doesn't know why. Stomach drops. She checks again. And again.

She walks into school already carrying:

Tired eyes · tight neck · no movement · no food · social stress · an activated nervous system





CASE STUDY

Emma: In the Classroom

What she doesn't say:

"I'm tired, my neck hurts, I haven't eaten, and I'm stressed about my friends."

What everyone sees instead:

Can't settle

Snaps at someone

Zones out

"I can't do this."

⚠ COCKPIT ALERT

Eyes

🚨 Signals

Dry eyes · rubbing · headaches · blurry vision · trouble shifting focus

⚡ Reset

Blink · look far · go outside · take visual-distance breaks



Try it now: 3 slow blinks → look far → look close. Repeat



⚠ COCKPIT ALERT

Posture



🚨 Signals

Tight neck · rounded shoulders ·
shallow breathing · stiff back

⚡ Reset

Screen up · shoulders relaxed ·
stretch · change position

📝 Try it: Fold forward vs. sit tall – which makes breathing easier? Feel the difference.

⚠ COCKPIT ALERT

Movement

🔔 Signals

Restless legs · fidgeting ·
irritability · foggy brain · feeling
stuck

⚡ Reset

Walk · stretch · jump · sports ·
outside time

🧠 Remember

Movement is not a break from learning — it's how the body **gets ready** to learn.





△ COCKPIT ALERT

Hunger & Thirst

Screens can make body signals **quieter** – until the body has to shout.

Signals

Low patience · headaches ·
shakiness · tiredness · irritability

Reset

Real food · water · noticing hunger
before it becomes a crisis

△ COCKPIT ALERT

Social Stress

Digital drama still lands in a **real** body.

Group chat exclusion

Left on read

Online conflict

Gaming trash talk

Rumors

Signals: Stomach drop · racing thoughts · tense shoulders ·
compulsive checking



Turbulence Mode

⚡ Fight

Snapping, arguing, getting loud

🗡 Flight

Avoiding, escaping, going quiet

🧊 Freeze

Going blank, can't think, can't speak

💤 Shutdown

Numb, flat, completely checked out



Who's Actually Flying This Thing?

One more video. One more scroll. One more level. One more reply.



Nobody decided to spend two hours on their phone.

It just... happened.



That's autopilot.

One tiny choice, repeated until the screen is flying the plane.



Real question:

In that moment, who's in the cockpit – you, or the app?



Stillness Is Not Always Rest

A student can look completely still while the cockpit is overloaded.

After screens, the body is often:

☐ Calm on the outside. **Alarms flashing inside.**

Foggy

Restless

Annoyed

Tired

Wired

Low patience

What Athletes Know

✓ **Recovery is not weakness. Recovery is how humans perform well.**

Sleep

The most powerful recovery tool there is

Food + Water

You can't run on empty

Movement + Breathing

Resets the nervous system

Real Rest

Not scrolling. Actual downtime.



Reset Protocol



Notice

Name

Respond



Screens Are Not 'Bad'

Nobody's saying delete everything.

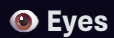
But the pilot has to be you - not the algorithm.



Last time you picked up your phone - did you decide to, or did it just happen?

System Check — Just for You

🔒 No sharing. No wrong answers. This one's private.



Eyes



Sleep



Hunger



Stress



Movement



Posture



Mood

How Humans Reset



Sleep

The body repairs itself. Every night.



Water + Food

Real fuel. Not optional.



Movement + Sunlight

Outside time resets the system.



Quiet

Stillness that's actually restful.



Connection

Real people. Real time together.



Asking for Help

Knowing when to call it in.



Before Your Next Screen Session

Ask yourself three questions. That's it.

 **What warning light is already flashing?**

 **What does my body actually need right now?**

 **Am I choosing this — or is the screen just running on autopilot?**