



Have you heard of ASMR?

ASMR stands for autonomous sensory meridian response; a term used to describe a tingling, static-like, or goosebumps sensation in response to specific triggering audio or visual stimuli. These sensations are said to spread across the skull or down the back of the neck and, for some, down the spine or limbs.

Twenty percent of the population has stated that they have a response to some of the ASMR triggers and although it has most recently become popular, the term ASMR was coined in 2010.

There are a bunch of accounts on TikTok that do ASMR videos using triggers such as whispering and soft, slow actions such as brushing hair.

Does ASMR give you the tingles?



**CLAIM
YOUR
YOUTH™**



USING

APPS

PG.3

TO

YOUR

BENEFIT

DID YOU KNOW?
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**What's
Inside**

WINTER 2023

CLAIM YOUR YOUTH

Merry
UNPLUG
AND
Happy
**NEW
TIME!**



Here's the thing, we are all guilty of staring blankly at our cell screens for an embarrassingly large amount of time. In fact, I can tell you that I go down a reel rabbit hole and find myself an hour deep in how to organize a closet.

I realize how uncool this is to admit.

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Merry UNPLUG AND Happy NEW TIME!

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I was recently out to eat with my family and as I looked around at the other diners, I realized that most were on their phones and not speaking to one another.

The holidays always give me a warm and fuzzy feeling where I want to connect with people. Ultimately this means that I need to unplug and set down the phone.

Limiting screen time can do a lot of good for not only you, but the people around you who enjoy your company.

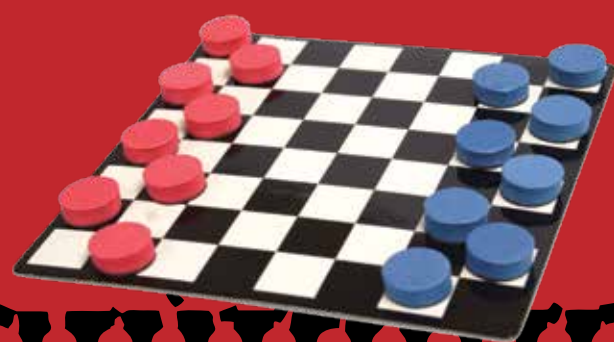
We live in a world where all of the knowledge we need is at our fingertips, but what people crave the most is one on one conversation.

This holiday, consider giving the family and friends around you some unplugged time.

Play a board game, put together a puzzle, or just have a good old conversation.

You can watch reels, read comments, snapchat your friends, and learn how to organize your closet another day.

Your time is a priceless gift that you can give for free.



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Okay, okay so sometimes using your phone and applications on your phone is not only necessary but helpful.

With that said, did you know that there are several applications that you can download to help you with everything from a simple budget to even saving for prom?

PLAN'IT PROM is a budget application that not only provides a countdown to prom, but allows you to budget, plan and execute the best event ever. On average prom can cost in the upwards of \$900 and beyond! This application can help you split those costs into manageable payment and saving plans.

TIP YOURSELF is a pretty cool concept. Why not reward yourself when you do something good? This application is a habit-building app that gets you into the pattern of saving money for yourself.

MINT is a well-respected, free application that helps people manage their accounts and track their spending by setting budgets. Although aimed towards adults, this is a perfect way to introduce yourself to what a budget looks like and how to stay on track.

All of these applications can be found in your cell app store by searching their names.



POLL

If you had to scrap all social media except one, which would you keep?

A B C D E OTHER

DID YOU KNOW?

Teenagers spend an average of **9 HOURS A DAY** on their smartphones.

32%

Nearly one in three teenagers say they are "addicted" to their smartphones.

66%

Two-thirds of teenagers (66%) say they feel "anxious" when they don't have their smartphones.

