Bright NeuroMedia™

NeuroMedia Literacy for Mental Health

Five Neurological Styles of Media Consumption

What we watch and read online changes how our bodies and minds feel. This guide breaks down five common ways media affects your mood and body. It also gives you a quick 30-second trick for each style to help you pause, refocus, and feel grounded.

Style	How It Feels	Digital Behaviors	30-Second Grounding
Dopamine Dominant **(Reward Loop)**	**Restless, seeking a quick fix, hard to put down the phone.**	**Infinite scroll, checking notifications, seeking likes.**	**Put the phone face down and do a 10-second stretch or take a sip of water**
Amygdala Dominant **(Fight/Flight)**	**Heart racing, tense jaw, feel heated or defensive.**	**Reading angering news, arguing in the comments, monitoring threats.**	**Take three slow exhales (longer than inhales) to signal safety to your nervous system**
Learned Helplessness **(Freeze/ Shutdown)**	**Numb, heavy, fatigue, brain fog**	**Doomscrolling, reading bad news endlessly, feeling paralyzed**	**Stand up and look out the window. Name three objects you see.**

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Traumatic Stress **(Swinging States)**	**Alternating between intense fear or irritation and complete exhaustion.**	**Switching between looking at fear- or anger- based content and feeling overwhelmed or numb.**	**Place both feet firmly on the floor, place your hand on your heart area. Notice the ground under your feet.**
Exclusion Pain **(Relational Hurt)**	**Hollow feeling in the stomach, lonely, ache of rejection**	**Seeking validation, comparing self to others**	**Place your hand over your heart and feel the warmth from your hand as an act of self-compassion.**

Notice which style applies to you most often when you are online. The more you practice, the sooner you will start to recognize the changes. These quick exercises work best when you practice them as soon as you feel your body or mood start to shift.

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