

# The Silent Hope Robber: Defeating Tech Addiction in 2026



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**WELCOME!  
WE WILL  
BEGIN  
SHORTLY**

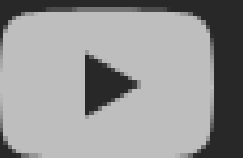




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# The Silent Hope Robber: Defeating Tech Addiction in 2026



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ALLIANCE for  
**H****PE**  
INTERNATIONAL

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# 2026 Self-Care Webinar Series

## The Lost Art of Connection: Recovering Community in the Modern Age

*Tuesday, February 17th  
1:00pm ET / 10:00am PT*



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# PURPLE RIBBON AWARDS



**NOW ACCEPTING NOMINATIONS**  
**PURPLERIBBONAWARDS.ORG**





# THE BEST IS YET TO COME

26<sup>TH</sup> ANNUAL INTERNATIONAL FAMILY JUSTICE CENTER CONFERENCE

JOIN US AT THE UNIVERSITY OF SOUTHERN FLORIDA IN ST. PETERSBURG

ALLIANCE for  
**HOPE**  
INTERNATIONAL

**NOVEMBER 3-5, 2026**  
**PRE-CONFERENCE ON NOVEMBER 2**



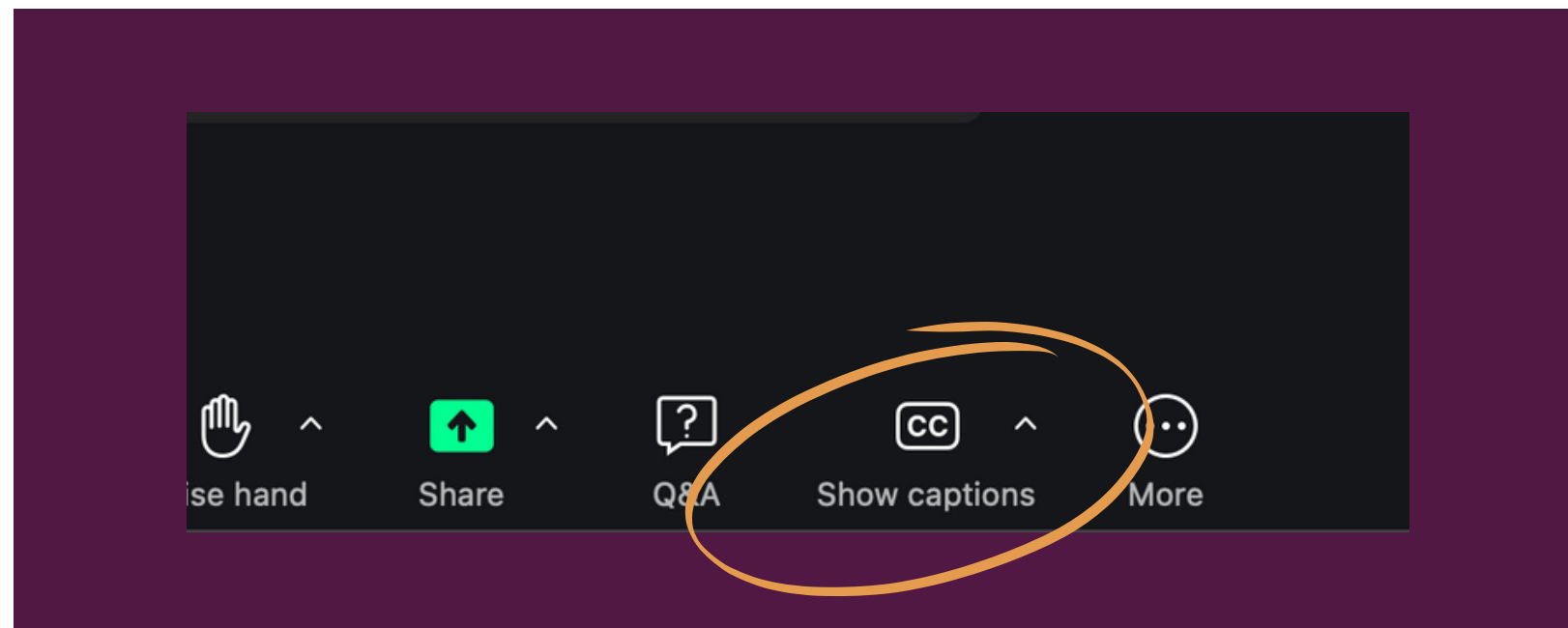
# ALLIANCE for HOPE INTERNATIONAL



# Live Closed Captions are available for this webinar

**To enable, please click Show Captions**

**A transcript will be available within a week of the presentation**





# Zoom Webinar Reminders

**All Attendees are in Listen-Only Mode**

**Please Ask Questions in the Q&A Section**

**Chat can be used to connect with other attendees**





**Emailed to you  
within one week...**

**Certificate**

**Transcript**

**Webinar Playback Recording**

**Additional Resources**

# Presenter



## **Karianne Gwinn**

**VERIZON SKILL FORWARD PROJECT COORDINATOR  
FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER  
PSYCHOSOMATIC PRACTITIONER**

# We've been asking the wrong question...



What habit(s) do we need to







# Lonely Girl Mode





**Does the way  
you spend  
your time  
reflect your  
values?**




# PAUSE

How are you feeling?

What do you notice in your  
body right now?

Remember to

A hand reaching out from the left side of the frame, with fingers spread, as if offering support or assistance. Another hand is visible below it, with fingers also spread, appearing to be reaching up towards the first hand.

TAKE  
A DEEP  
BREATH

# DOPAMINE for SURVIVAL

- ✓ Hunt
- ✓ Gather
- ✓ Find a mate
- ✓ Build a shelter
- ✓ Start a fire





# PHONE ADDICTION

**57% of adults in the U.S.  
report feeling addicted to  
their phone**

**Are you among them?**





# VOCAB LESSON

**“Technoference” - the everyday interruption of face-to-face social interactions, conversations, or family time caused by personal technology devices**



# WE HAVE A PROBLEM

*38% and 35%*





# VOCAB LESSON

**“Phubbing”** - the act of ignoring someone in a social setting by focusing on a smartphone instead of engaging in face-to-face interaction





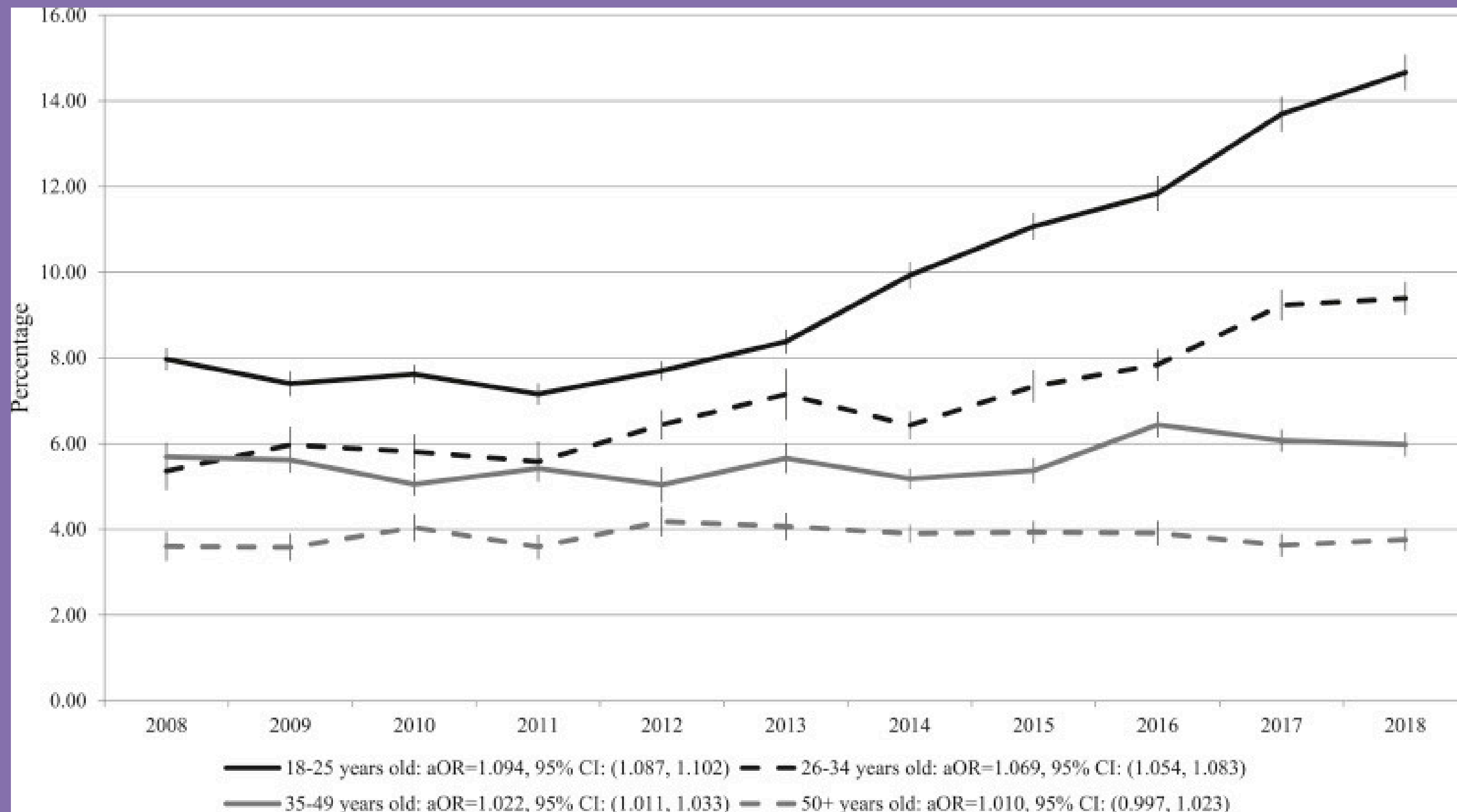


**THE MORE YOU CONNECT, THE LESS YOU CONNECT**  
A reminder to 'Put People First' from



CENTER FOR PSYCHOLOGICAL  
RESEARCH, SHENYANG  
沈阳市心理研究所





source: Photo Credit: <https://www.sciencedirect.com/science/article/pii/S0022395620309250#sec3>



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IT'S ALL  
CONNECTED





**WHERE'S MY  
PACIFIER?**







**EIGHT  
SECONDS!**





# SLEEP

- Melatonin production
- Blue light interference
- Circadian rhythms





# SLEEP

- **consolidates memories**
- **processes trauma**
- **recharges the brain**
- **regulates mood**
- **detoxifies the brain**
- **improves immune function**
- **regulates metabolism**





# without adequate **SLEEP**

- increased risk of heart disease
- increased risk Type 2 diabetes
- impaired immune function
- less natural killer cells
- less cancer surveillance
- less virus clearing




# PAUSE

How are you feeling?

What do you notice in your  
body right now?

Remember to

A hand reaching out from the left side of the frame, with fingers spread, as if offering support or assistance. Another hand is visible below it, with fingers curled, as if being helped up.

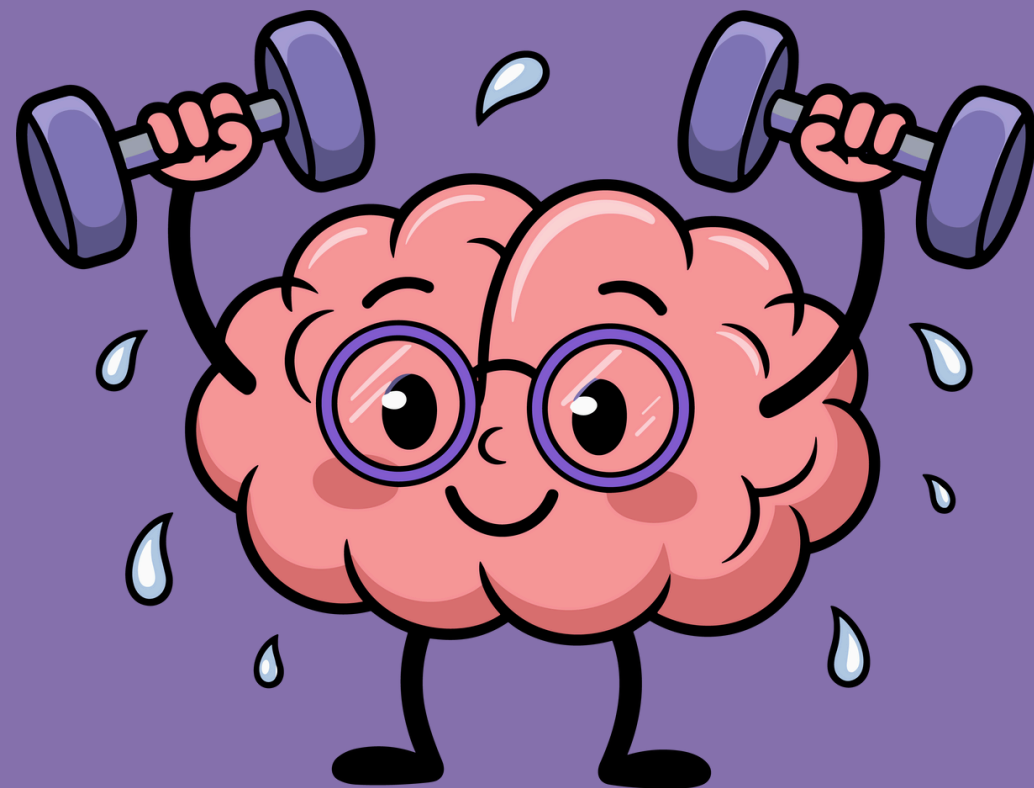
TAKE  
A DEEP  
BREATH







# YOU'RE HERE!



\* YOU ARE EXACTLY  
WHERE YOU'RE  
SUPPOSED TO BE \*



# STOPGAPS

- **change your lock screen**
- **put a rubber band on your phone**
- **different colored phone case**
- **tech box where phone goes ta home**
- **make accessing your device more difficult**
- **app like OneSec (not free)**

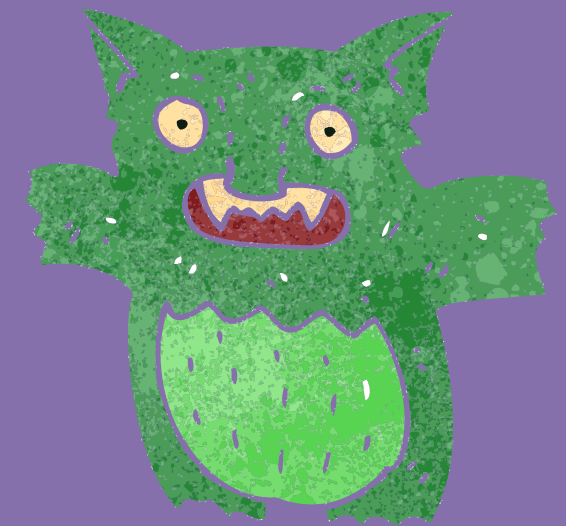




# DIGITAL DOPAMINE FASTING



- 30 days without (social media, streaming services, etc.)
- reset dopamine balance
- don't listen to your brain!
- expect withdrawals
- replace with new habit (healthier and natural dopamine release)







# HOBBIES





# BEFRIEND DISCOMFORT

- “right-sized pains”
- set a timer and sit in the quiet
- make your bed
- DO NOT sleep with your phone
- start your day with a win
- exercise, productivity, connection
- find a resource





# BRICK

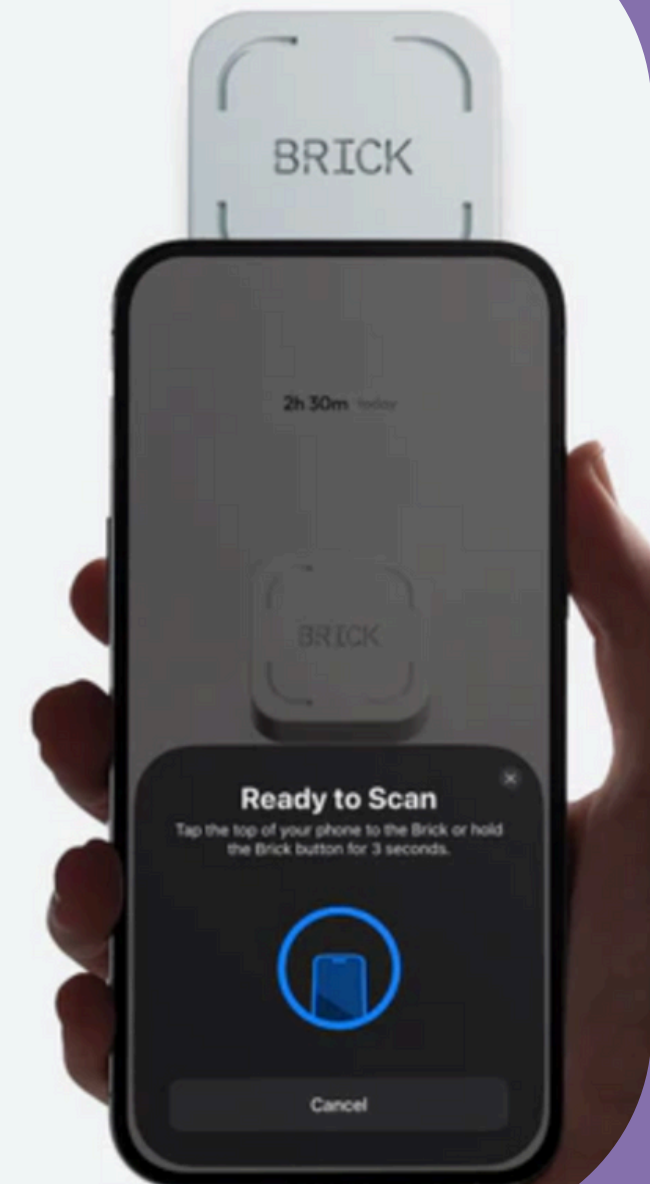
No, not this...



THIS!

## How Brick works

- 1 Select distracting apps and websites to block
- 2 Tap your phone to the Brick to activate Brick Mode
- 3 Enjoy distraction-free time

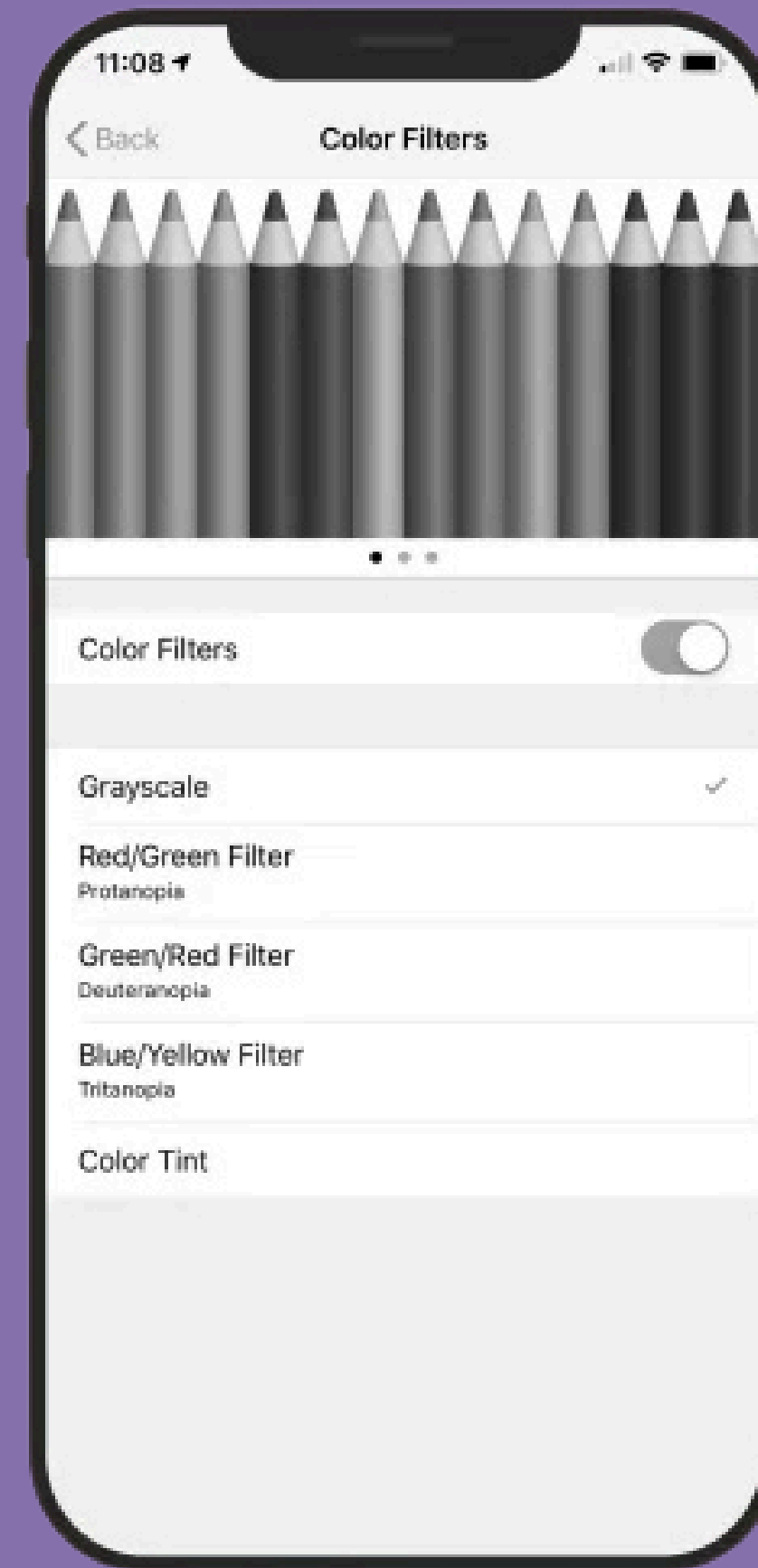




**FULL  
COLOR**

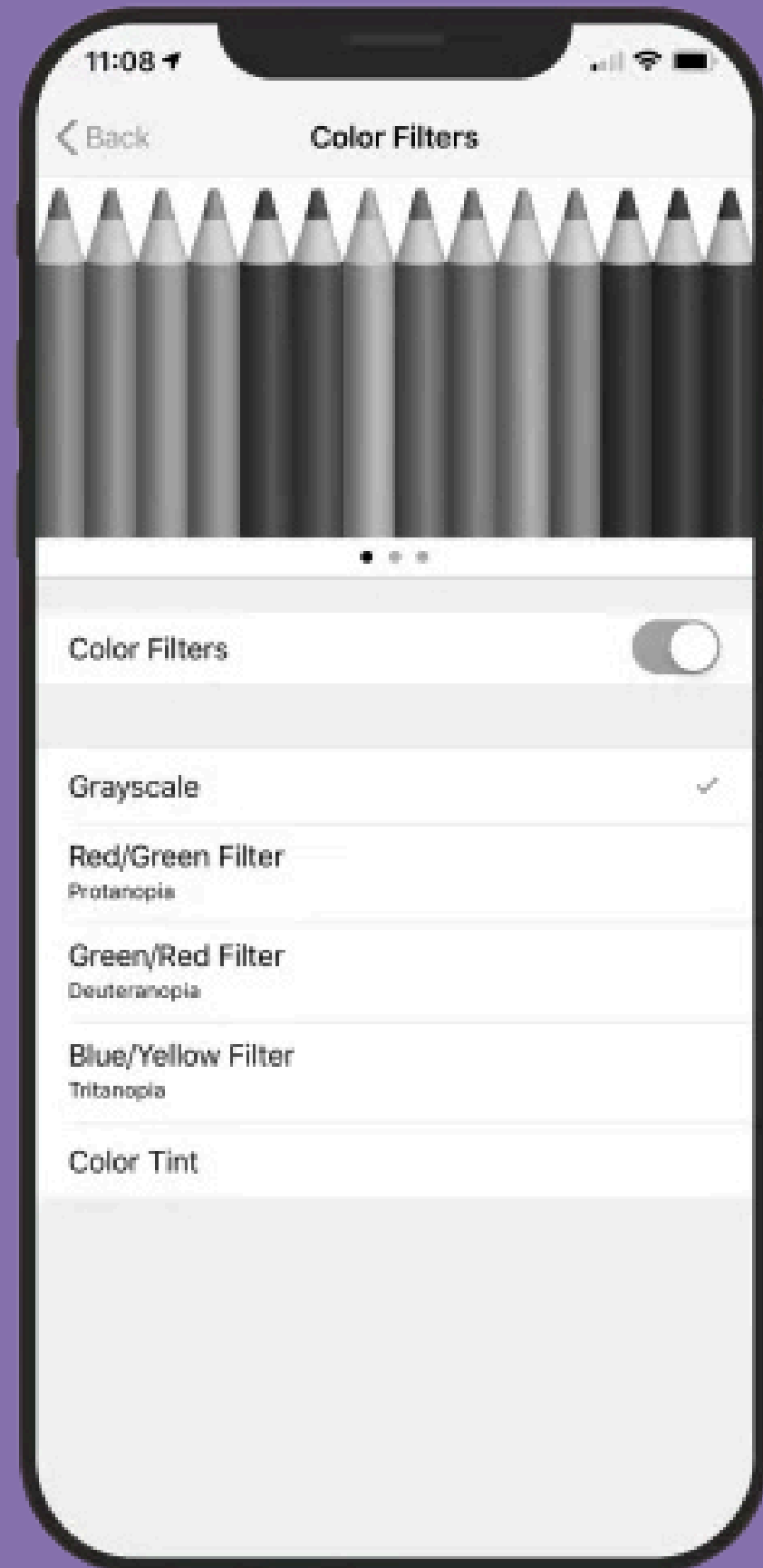


**GRAY  
SCALE**



**(Image credit: Rose Carson)**





THE CHOICE  
IS OBVIOUS

(Image credit: Rose Carson)



# OTHER IDEAS



- **turn off unnecessary notifications**
- **delete social media apps from phone**
- **move tempting apps to a different screen**
- **give your phone a place to live (not in your pocket!)**
- **what has worked for you??**



# Q & A



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# Thank you!



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