**"Like" Movie Resources**

<https://www.thelikemovie.com/resources-directory/>

**Facts/Figures from 2018** – check them out (<https://www.thelikemovie.com/resources-common-questions/>)

**Helpful Websites** (<https://www.thelikemovie.com/resources-helpful-websites/>)

* Humane Tech App Ratings (<https://humanetech.com/>): What's the difference between apps we cherish vs. regret?
* Common Sense Media (<https://www.commonsensemedia.org/>): Common Sense Media improves the lives of kids and families by providing independent reviews, age ratings, & other information about all types of media.
* Humane Tech Take Control (<https://humanetech.com/>): Try these simple changes to live more intentionally with your devices right now.
* Child Mind: Media & Tech (<https://childmind.org/topics/concerns/media-and-technology/>): Try these simple changes to live more intentionally with your devices right now.

**Useful Apps** (<https://www.thelikemovie.com/resources-apps/>)

* Flux: Reclaim 15 mins of quality sleep by cutting the blue light from our screens
* uBlock Origin: Reclaim 30 – 40% of your attention with every article you read.
* Inbox When Ready: Focus your inbox by only showing messages when you click "Show Inbox" instead of getting distracted as new e-mails arrive.
* Thrive: Set boundaries with your phone for set periods of time by turning your smart phone into a dumb phone. Automatically lets others know when you're taking a break.
* Turn on NightShift: Blue light from screens late at night tricks our body into believing it's still daytime, which disrupts our natural ability to sleep.
* Freedom: Temporarily block specific websites or apps on your desktop, tablet and phone for set periods of time.
* Moment: See how much time you spend on your phone.
* RescueTime: See how much time you spend on different apps on your desktop along with various websites.
* Calm: Helps create calm and stress-free time in your day and reduces anxiety. Leading popular meditation app.
* Facebook Newsfeed Eradicator: Removes the Facebook newsfeed and blurs the sidebars and notifications, allowing you to use some of the more utilitarian features of Facebook without getting sucked into the newsfeed.
* NoMoRoBo: Blocks robocalls and decreases the time you spend dealing with spam and telemarketers.
* Siempo: Siempo protects you from distractions & mindless use by letting you replace your home screen with an interface that allows you to batch notifications, unbrand icons, randomize their location, and set restrictions to prevent unconscious usage.
* Distraction-Free YouTube: Removes recommended videos from the side bar of youtube, making you less likely to get sucked in to unintentional content-holes.
* Flipd: This company boasts that users have spent more than 100 million minutes distraction-free. The app protects you from distraction by temporarily locking you out of distracting games, social media, and other apps. (Apps temporarily disappear from your phone).

**Videos** (<https://www.thelikemovie.com/resources-videos/>)

* Max Stossel – This Panda is Dancing – Time Well Spent
* Common Sense Media – How to Change Your iPhone to Grayscale

**Articles** (<https://www.thelikemovie.com/resources-articles/>)

* How to delete facebook and Instagram from your life forever
* Building bicycles for our minds
* 13 tips for monitoring kids' social media
* Social media, loneliness, and anxiety in young people
* Social media anxiety
* 6 tips for avoiding anxiety triggers while suing social media
* 10 weird negative effects of social media on your brain
* 5 strategies for getting kids off devices
* How using social media affects teenagers
* Why Instagram is the worst social media for mental health
* How to disconnect from "always on" work culture