SHORT-VIDEO LOOPS

Out of the Short-Video Loop (printable)

A stopping-point plan and the settings that help, for TikTok, Reels and Shorts.

STEP 1 · START HERE

Before you open the app, choose your stopping point: 3, 5 or 10 videos, or 5 or 15 minutes.

Keep your phone. Lose the scroll. Short videos are built to never end, so you decide the ending before you start.

Your stopping point

Before you open the app, choose: 3, 5 or 10 videos, or 5 or 15 minutes. Set a timer. When it rings, close the app and stand up.

Right after

Have one real thing ready: step outside, a paper puzzle, a song with your eyes closed, or text one person.

Settings that help

- **YouTube:** You → Settings → Time management → **Shorts feed limit** (can be set to zero; the reminder can be dismissed).
- **Instagram:** Your activity → Time spent → **Daily limit**.
- **TikTok:** Settings → **Time and Well-being** (daily screen time limit and sleep hours). Check on your phone
- **iPhone:** Time Allowances (iOS 27) or App Limits (iOS 26). **Android:** Digital Wellbeing app timers.

Full step-by-step guides, with the date we checked them: myundividedapp.com/short-videos/

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