

NUWAVE. CONNECT. GROW.

Stories, tools and inspiration to elevate community and well-being through media.



MEDIA + WELLNESS

Creating without
losing yourself.



DIGITAL LITERACY

Take control of
your feed.



COMMUNITY VOICES

Stories worth
hearing.

CREATE.

AMPLIFY.

TRANSFORM.

NUWAVE

COMMUNITY MEDIA

AMPLIFYING
DIVERSE VOICES.
BUILDING
STRONGER
COMMUNITIES.
TOGETHER.

Nuwave is building a
different kind of media--
one that centers
community, wellness
and human connection.

02

MESSAGE FROM OUR DIRECTOR

When we started Nuwave Community Media, we knew we wanted to do more than teach people how to use a microphone, create content, or navigate the latest technology. We wanted to build something rooted in people.

Because the work we do is rooted in people, not platforms.

Technology will continue to change. New platforms will emerge, new tools will reshape how we communicate, and the media we consume will continue to influence how we understand ourselves and the world around us. Our responsibility is to make sure our communities are not simply keeping up with those changes, but are equipped to navigate them thoughtfully.

At Nuwave, we believe learning how to use new media and technology can do more than build technical skills. It can help people make wiser choices about the content they consume, become more thoughtful about what they create and better understand how media can affect their well-being.

That belief shapes our work.

Through media education, digital literacy, wellness-centered learning and community storytelling, we are creating opportunities for people to think critically, build confidence, develop new skills and tell stories that deserve to be heard.

And the impact goes beyond the individual. When someone learns to use their voice, a community gains another storyteller. When someone becomes more digitally literate, they become better equipped to navigate an increasingly complex media environment. When people are given access to tools, knowledge and opportunities that may not otherwise be available to them, possibility expands.

None of this work happens alone. It happens because educators open their doors, community organizations collaborate with us, volunteers give their time, supporters believe in the mission, and people trust us with their stories.



To everyone who has invested their time, resources, partnership or belief in Nuwave: thank you.

We are still building. And as technology continues to evolve, so will we. But one thing will remain constant:

People will always be at the center of what we do.

Julian Reed

Julian Reed
Director
Nuwave Community Media



“

**WE AREN'T INVESTING IN PLATFORMS.
WE'RE INVESTING IN PEOPLE—
AND IN THEIR ABILITY TO CREATE,
THINK, CONNECT AND BE HEARD.**

”

TABLE OF CONTENTS

Stories and resources to inspire, educate and connect our community.



04

MEDIA + WELLNESS

Creating without losing yourself.

We explore how media can support our mental well-being, spark creativity and help us show up authentically in a digital world.

EXPLORE.
LEARN.
CONNECT.



06

TAKE BACK CONTROL OF YOUR DIGITAL WORLD

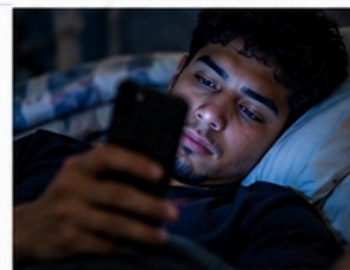
Tips, trends and tools to stay informed, safer and more empowered online.



09

WHEN SCROLLING STARTS TO LOOK LIKE REST

How endless scrolling can feel relaxing, but might be a sign of something deeper.



11

IT STARTS LIKE REST. IT ENDS LIKE EXHAUSTION.

Understanding attention, habits, and how to break the scroll cycle.



12

MEMORIES

Are we capturing moments or missing them? A look at how we experience life through a screen.



13

WHY PODCASTING MATTERS FOR NONPROFITS

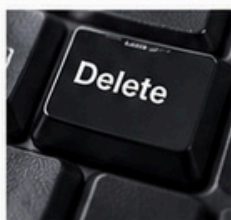
Real stories. Real impact. How community voices create change.



14

DELETE IT NOW

Posting, pausing and protecting your peace. Not all comments need a response.



15

THE BRIGHT SIDE OF AI

How AI can support creativity, learning and opportunity when used with intention.



17

SEPTEMBER SUICIDE PREVENTION MONTH

A more connected tomorrow is possible. Resources, support and ways we can make a difference.



04

MEDIA + WELLNESS

CREATING WITHOUT
LOSING YOURSELF.

The media we create, consume and share has a powerful impact on our minds and hearts. When we engage mindfully, it can reduce stress, build confidence and inspire us to live with more intention.

It all starts with balance.



“

Media can distract us from life—
or it can help us live more fully.
The choice is ours.



UNDERSTAND THE IMPACT

How media affects our thoughts,
emotions, and self-image.



MAKE INTENTIONAL CHOICES

Choose content and habits that
support your well-being.



CREATE WITH PURPOSE

Use your voice and creativity
to uplift and inspire others.

DID YOU KNOW?



64%

of people say social media
has a major impact on
their mental state.

— PEW RESEARCH CENTER



70%

of teens feel better when
they take breaks from
social media.

— COMMON SENSE MEDIA



2x

People who create content
are more likely to feel a
sense of purpose.

— ADOBE STUDY

TRY THIS

3-MINUTE MEDIA CHECK-IN

Take a moment and ask yourself:

- 1 How does what I'm watching,
reading or scrolling make me feel?
- 2 Is this moving me closer to
who I want to be?
- 3 Do I need more of this,
less of this, or a break?



Small shifts lead to
big changes.

05

MEDIA IS PART OF OUR WELL-BEING

What we watch, hear, create and share doesn't stay on our screens. It becomes part of how we experience ourselves and the world around us.

Media is woven into everyday life. We wake up to notifications, listen to music on the way to work or school, scroll when we have a few free minutes, watch videos to learn something new, and send posts to the people we care about.

Because media is so familiar, it can be easy to think of it as something separate from our well-being. **It isn't.**

“
**MEDIA DOESN'T
JUST SHAPE
WHAT WE SEE.
IT CAN SHAPE
HOW WE SEE
OURSELVES.**”



What we consume can influence what gets our attention, how we see ourselves, what we compare ourselves to, what we worry about and even what we believe is normal. A feed can make us laugh and feel connected. It can also leave us distracted, overwhelmed or feeling like everyone else is somehow doing better.

But there is another side to media that matters just as much: we aren't only consumers. We can be creators.

A microphone can give someone space to tell a story they have never told. A camera can document a community that rarely gets represented accurately. A podcast can start a conversation. Learning how media works can help someone question what appears on their screen instead of automatically accepting it.

That intersection is where **Nuwave Community Media** comes in.

We believe media education shouldn't stop at teaching people how to use a camera, record a podcast or make a post. It should also help people understand how media affects them, how to navigate it intentionally and how to use it to express themselves and connect with others.

That is why our work brings together digital literacy, storytelling and personal growth.

We want people to have the skills to participate in today's media world without losing themselves inside it.

The goal isn't to tell people to put their phones away or stop using social media.

It's to help all of us become a little more aware of the relationship we already have with media—and give us more choice in what happens next.



OUR WHY

We exist to empower people with the tools, knowledge and confidence to use media wisely, tell their stories authentically, and create a healthier, more connected community for all.



TAKE BACK CONTROL OF YOUR DIGITAL WORLD

Tips. Trends. Tools.

Technology can be powerful when you're in control. This page is about simple ways to take charge of your attention, stay focused on what matters, and use digital tools on your terms.

1 START WITH YOUR ATTENTION

Every app, notification and piece of content is competing for a little bit of your attention. The default means technology is built to keep it — choose how you attention is valuable.

BEFORE YOU OPEN AN APP, ASK YOURSELF:

-  I actually need something.
-  I want to connect with someone.
-  I want to be entertained.
-  I opened it automatically.
-  That last one is the one to notice.

2 STAY FOCUSED. FINISH WHAT MATTERS.

It's normal to forget why you opened an app. Use these simple tools to help you stay on track.



SET YOUR INTENTION

Know why you're going online before you open.



TURN OFF DISTRACTIONS

Silence non-essential notifications.



USE FOCUS BLOCKS

Give yourself time blocks to work, learn, or be present.



CHECK IN & REFLECT

Did it add value to my day? If not, choose a different next time.



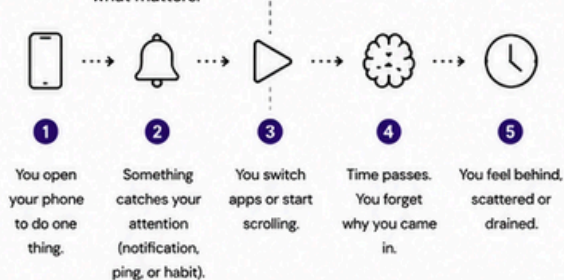
TRY THIS TODAY

- 1 Put one app you use most.
- 2 Decide your "why" for opening it.
- 3 Set a timer for 15 minutes.
- 4 Use it with intention. Then log off.



01 THE DISTRACTION LOOP

It happens in seconds—and it's designed that way. Break the loop. Get back to what matters.



PAUSE & CHECK IN

When you notice the loop, pause. Take a breath. Ask yourself: What did I come in here to do? Bring your attention back on purpose.

02 MAKE YOUR PHONE WORK FOR YOU

Small changes. Big impact.

MANAGE NOTIFICATIONS	CLEAN UP YOUR HOME SCREEN	USE FOCUS MODES	SET APP LIMITS	KEEP SAFETY TOOLS ON
Turn off what you don't need. You don't have to be available 24/7.	Keep helpful apps easy to find. Move the rest off of the front.	Do Not Disturb, Focus, or Work mode can protect your focus.	Set daily time limits on distracting apps.	Use privacy settings, 2-step login, and strong passwords.

FOCUS IDEAS THAT HELP

- Pomodoro: 25 min focus, 5 min break.
- Turn your phone face down or out of reach.
- Use a notebook or sticky note for quick thoughts.



Focus isn't about doing more. It's about doing what matters.



Your attention is your most valuable resource.

Protect it. Use it. Direct it.



03 KNOW WHEN THE FEED IS CHOOSING FOR YOU

What shows up next isn't random. Platforms learn from what you watch, pause on, like, search and share.



04 RESET YOUR FEED

You can train your feed—or take back control.

UNFOLLOW OR MUTE	SEARCH WITH INTENTION	USE "NOT INTERESTED"	ENGAGE ON PURPOSE	TAKE BREAKS ON PURPOSE
Let go of what drains you or doesn't align with your goals.	Look for content that teaches, inspires or helps you grow.	Tell the platform what not to show you.	Like, share and save things that add value to your life.	Step away to reset your mind and protect your peace.



YOUR DIGITAL WORLD. YOUR CHOICES.

You can't control every notification or trend. But you can control your habits, your environment, and what you give your time to. Small decisions today create a better tomorrow.

- ✓ Be aware.
- ✓ Be intentional.
- ✓ Be in control.



DIGITAL LITERACY THROUGH MEDIA

Your Voice. Your Story.
Your Digital Future.

Nuwave Community Media

A creative, wellness-centered space where young people explore identity, storytelling, and digital skills through modern media like podcasting.

Students learn to reflect before they respond, communicate with purpose, and build a personal brand rooted in authenticity.

WHAT YOU'LL GAIN



CREATIVE EXPRESSION

Tell your story. Shape your voice and build something meaningful.



SELF-AWARENESS & WELLNESS

Check in with yourself before you check online. Understand your feelings, choices and digital habits.



PURPOSEFUL COMMUNICATION

Learn to respond — not react. Speak with clarity, confidence, and intention.

OUR PURPOSE

Build healthy digital habits & Self Reflection.

When students are invited to lead with their lived experience, their voice becomes a tool for learning, belonging, and meaningful growth.



LET'S BUILD
SOMETHING
POWERFUL TOGETHER



Info@nuwavemedia.org
Visit: nuwavemedia.org

Follow us @nuwavemedia



WHEN SCROLLING STARTS TO LOOK LIKE

REST

We're **tired**.
We're **restless**.
We're **overwhelmed**.
We're **avoiding something**.
We're **looking for stimulation**.

Or we simply need a break and don't know what kind of break would actually help.

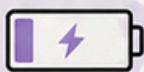
Sometimes we aren't scrolling because there's something we actually want to see.

So we reach for the easiest thing available: **our phone**.

One video becomes another. We refresh without thinking. We switch between apps. Twenty minutes disappears. Then forty.

Eventually, scrolling can start to look like rest without actually feeling restorative.

THE REAL QUESTION:
WHAT WAS HAPPENING BEFORE YOU STARTED SCROLLING?



TIRED?

Maybe your body needed actual rest.



ANXIOUS OR OVERWHELMED?

Maybe your mind needed something calming or grounding.



AVOIDING SOMETHING?

Scrolling may have offered a quick escape from something uncomfortable.



BORED OR UNDERSTIMULATED?

Your brain may have been looking for novelty.



DISCONNECTED?

Maybe what you really wanted was conversation, company or connection.

- ☐ Scroll (passive entertainment) 
- ☐ Take a hot shower 
- ☐ Put on comfortable clothes 
- ☐ Make tea or another relaxing drink 
- ☐ Put on a familiar comfort show 
- ☐ Listen to music with my phone face-down 
- ☐ Stretch for five minutes 
- ☐ Sit outside or get some fresh air 
- ☐ Dim the lights 
- ☐ Read a few pages of something easy 
- ☐ Do absolutely nothing for 10 minutes 
- ☐ Call or sit with someone I enjoy 
- ☐ Get ready for bed earlier 
- ☐ Put on a podcast or calming audio 
- ☐ Write down tomorrow's worries/tasks so I can leave them there 
- ☐ My own: _____

BE SPECIFIC.

Vague ideas create friction. When you're already tired, even a small decision can feel like work.

If your mind meets too much resistance, it may switch to **autopilot**—and easy, passive entertainment like **scrolling** is often first on the list.

That's why "I'll read" isn't enough.

EXAMPLES: GET SPECIFIC



READ?

Which book? Where is it?



BREATHE?

Which technique? For how long?



WATCH SOMETHING?

Which comfort show?



LISTEN?

Which playlist or podcast?



MOVE?

What stretch or movement? For how long?

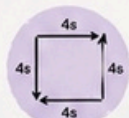


MAKE THE CHOICE BEFORE YOU'RE TIRED.

The fewer decisions you have to make in the moment, the easier it is to choose something that actually helps you wind down.

KNOW A FEW TECHNIQUES BEFOREHAND.

A few simple tools can help you shift out of stress and into real rest.



BOX BREATHING

4-4-4-4
Inhale 4
Hold 4
Exhale 4
Hold 4



4-7-8 BREATH

Inhale 4
Hold 7
Exhale 8



5-4-3-2-1 GROUNDED CHECK

5 things you see
4 you feel
3 you hear
2 you smell
1 you taste



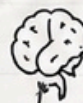
DIAPHRAGMATIC BREATH

Slow, deep belly breaths.



COHERENT BREATH

5 seconds in
5 seconds out



YOUR LIST IS A GIFT TO FUTURE YOU.

You're not just making a list. You're creating a plan for the moments your energy is low and your mind is looking for the easy way out.

NEW MEDIA ISN'T JUST WHAT WE CREATE.
IT'S WHAT WE BECOME IF WE'RE NOT
PAYING ATTENTION.

IT STARTS LIKE REST.

IT ENDS LIKE EXHAUSTION.





MEMORIES

Sometimes we're so busy trying to capture the moment that we forget to actually live it.

Our phones make it easy — one tap and we've frozen time, proof that something beautiful or meaningful happened. But the second we lift the camera, we shift roles: from participant to observer, from feeling the moment to managing it. And maybe that's the real tension of our digital age — the fear that if we don't record it, it won't matter, or worse, we won't remember it. But memory has never needed megapixels. Some of the most important moments in our lives were never photographed; they live in us because we were fully there. So the question isn't whether capturing is good or bad — it's whether we're choosing the camera out of intention or habit. Because the truth is, a moment lived fully will always outlast a moment perfectly recorded.

REFLECTION

Podcasting isn't just content — it's culture.

It's a way for nonprofits to honor community voice, build trust, expand reach, celebrate internal champions, and deepen impact. When organizations adopt podcasting, they're not just sharing stories.

They're shaping a healthier, more intentional digital world.

WHY PODCASTING MATTERS FOR NONPROFITS



REAL VOICES

Podcasting brings your mission to life.

Hearing staff, youth, families, volunteers, and partners speak in their own words creates authenticity that written materials can't match. It shows the heart behind the work and helps supporters understand the people and purpose driving your mission.



STRONGER CONNECTIONS

Podcasting deepens relationships across your ecosystem — externally and internally.

Staff feel seen. Volunteers feel valued. Community members feel represented. Partners and funders see transparency and innovation. Internally, podcasting becomes a space to hear the voices that support the movement, celebrate team wins, and strengthen organizational culture.



COMMUNITY VOICE

Many communities are underrepresented or misrepresented in mainstream media.

Podcasting shifts that. It becomes a platform where people can speak for themselves, preserve culture, share lived experience, and highlight community-led solutions. This is storytelling as empowerment.



LIVING ARCHIVE

Every episode becomes part of your organization's history.

Over time, your podcast becomes an archive of community wisdom, a record of impact, and a resource for future staff, partners, and supporters. It's a long-term asset that grows with you.



GROWING YOUR IMPACT

Podcasting helps nonprofits grow their impact by keeping their community connected to the movement in real time.

It becomes a direct way to share updates on awareness efforts, events, fundraisers, and donation needs in a format people actually engage with. Over time, it also becomes a platform where community members can speak for themselves and highlight community-led solutions. It's communication that strengthens trust and expands your reach.



Your mission has a voice. Let's make sure it's heard.

Podcasting is more than media — it's movement, connection, and legacy. Let's build the future of storytelling together.



PAUSE



PURPOSE

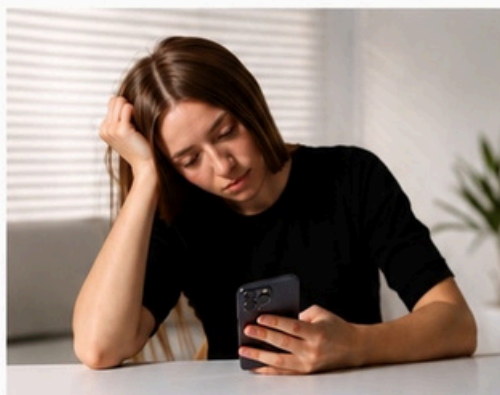


IMPACT

DELETE IT NOW



Posting on social media is funny because your brain goes, "Yes, this is perfect," and then five seconds later your mental health is like, "Actually... no." Suddenly you're staring at your own post like it's a math problem, wondering why you used that emoji and if everyone thinks you're weird now. It's the classic cycle: post, panic, overthink, consider deleting, decide to leave it, panic again. Half the stress isn't even the post — it's your brain doing backflips for no reason — or is it.



The Calm Moment: When your brain starts doing all that, pause for a second and think about these.



PAUSE BEFORE YOU POST

Give yourself a tiny moment to breathe before hitting "share."

Not to overthink — just to check in with yourself.

A 5-second pause can save you from the "why did I post that" spiral.



STEP AWAY AFTER POSTING

Once it's up, walk away for a bit. Don't sit there refreshing or rereading your caption like it's a final exam. A short break helps your brain calm down so you're not stuck in the panic loop.



NOT EVERY COMMENT NEEDS A RESPONSE

You don't have to defend yourself, correct every misunderstanding, or have the last word. Sometimes responding only keeps you emotionally tied to a conversation that isn't worth your energy.



NOT EVERY THOUGHT NEEDS TO BE SHARED

A thought can be real without needing an audience. Give yourself time to sit with it. Ask whether sharing it will help you, help someone else, or simply release an emotion you may feel differently about later.

THE BRIGHT SIDE OF AI



SMARTER



MORE ACCESSIBLE



MORE HUMAN



AI is everywhere right now, and the pace can feel intense. But behind the headlines and hot takes, something more grounded is happening. AI isn't just reshaping technology — it's expanding what people can do.



It helps us work smarter, learn faster, and create with fewer barriers. It opens doors for people who were left out, making knowledge and opportunity more accessible. And instead of replacing what makes us human, it highlights it. Our ideas, our creativity, our voice — AI gives them more room to grow.

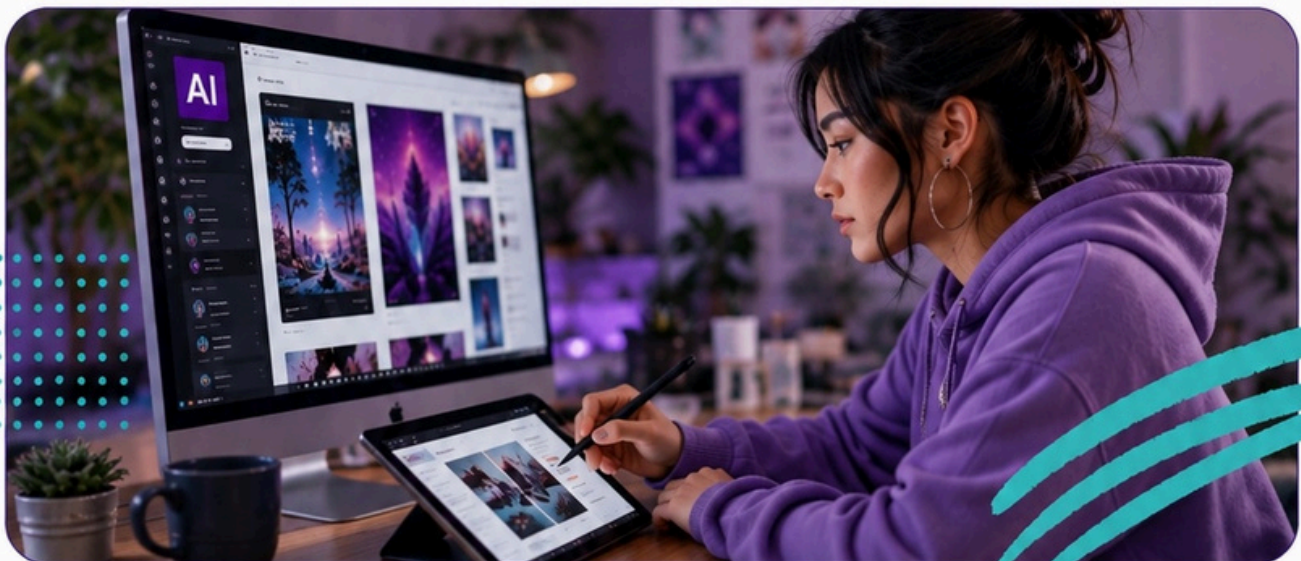


The hope isn't in the tools themselves. It's in how we use them to build systems that are more inclusive, more supportive, and more human-centered. AI gives communities new ways to thrive, young people new ways to express themselves, and all of us a reminder that change can be empowering.

“

Our ideas,
our creativity,
our voice —
**AI gives them
more room
to grow.**

”



www.nuwavemedia.org



Nuwave

Community Media

Join us —
be part of
the wave.



CONNECT.

Build real relationships and stronger communities.



CREATE.

Explore ideas, produce content, and tell your story.



RISE.

Grow your skills, find your purpose, and make an impact.



BE THE WAVE.

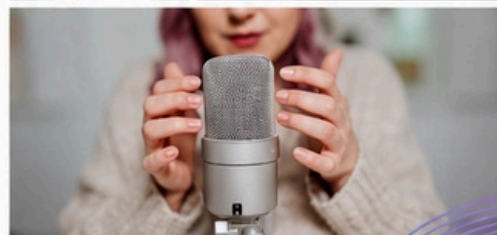
Together, we amplify voices and inspire meaningful change.



Connect. Create. Rise.

Visit our website and connect with us — because Nuwave isn't just an organization, it's a movement you can be part of. Step into a new way of thinking, creating, and leading in digital spaces. Add your voice to the wave that's reshaping media with intention, care, and creativity.

*Your voice. Your story.
Our future.*



SEPTEMBER SUICIDE PREVENTION MONTH

CONNECTION
CAN MAKE
A DIFFERENCE.

A MORE CONNECTED TOMORROW IS POSSIBLE.

September is Suicide Prevention Month — a time to raise awareness, reduce stigma, and remind our communities that mental health matters. Checking in, listening, and showing support can make a real difference in someone's life.

HOW YOU CAN HELP



CHECK IN

A simple "How are you?" can open the door.



LISTEN

Give space. Be present. You don't have to fix it.



KNOW THE SIGNS

Crisis doesn't always look like sadness. Notice sudden changes in mood, behavior, or connection.



KNOW WHEN TO GET HELP

If someone may be in crisis, stay with them and connect them to immediate support.

YOU MATTER.
PEOPLE CARE.
HELP IS REAL.

Need support?

You don't have to search alone.

Visit Nuwave Community Media's

WELLNESS ACCESS CLINIC

to find resources and get connected.



988

SUICIDE & CRISIS LIFELINE

Call or Text 988

24/7. Free. Confidential.



CRISIS TEXT LINE

Text HOME to 741741
24/7. Free. Confidential.



ADDITIONAL SUPPORT

nami.org
thetrevorproject.org
afsp.org
nuwavecommunitymedia.org

NUWAVE

COMMUNITY MEDIA

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NUWAVE—

“A NEW WAVE BEGINS THE MOMENT YOU CHOOSE
WELLNESS OVER PRESSURE, CLARITY OVER NOISE,
AND INTENTION OVER IMPULSE.”

”