

Digital Detox



Too much

Overuse of digital devices reduces your attention span and can increase stress levels.

Tune out to tune in. The holiday season may be the perfect time to practice disconnecting from digital devices.

Mealtime

Have a family rule of no phones during meals to encourage more conversation.

Turn them off

When focusing on important tasks, turn off phone notifications to avoid distractions.

Put it away

Set aside your phone every day for a time to practice mindful awareness or to focus on a conversation.

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