



Digital Detox:

Reclaim Your Time & Energy

Small steps, big changes

Why detox?

- Better sleep — reducing evening screen time helps your circadian rhythm.
- Less stress — reclaim attention and reduce information overload.
- More focus — deeper work and presence in everyday moments.

Quick Detox Tips

1. No-phone mornings — start your day screen-free for 30 minutes.
2. Screen-free meals — keep phones away during meals to enjoy food & company.
3. 20-min nature break — step outside and notice your senses.
4. Social media-free Sunday — take one day a week off the scroll.
5. Tech curfew at night — stop screen time 60 minutes before bed.

