

Digital Detox: Finding Balance in the Digital Age

Struggling with constant notifications, endless scrolling, and the pressure to stay online 24/7?



You're not alone. 25% of smartphone owners age 18-44 cannot recall the last time their mobile phone was not next to them.

We are the most connected in human history where distant family members are just a FaceTime session away, and the answer to nearly any question that pops into your mind is right at your fingertips.

But, spending too much time on smartphones, social media, or other digital screens can result in stress, distraction, and decreased well-being, *indicating the need for a digital detox.*

For most people, ditching technology altogether isn't going to happen.

Where do I start?



Set Boundaries

Establish clear limits for technology use, such as designating tech-free times or areas.



Manage Screen Time

Utilize apps and tools that track and limit screen time.



Mindful Use

Practice being present and intentional with device usage to ensure it adds value.



Downgrade

Eliminate the distractions by replacing your smartphone with a simple cell phone that cannot support apps.

Click here or scan the QR to register for our webinar on **September 25th, 2024 at 12-12:30 PM EST** to further explore the importance of maintaining a healthy relationship with technology and practical strategies to digitally detox.

