

UNPLUG A LITTLE. RECHARGE A LOT.

Too much screen time can drain your focus, energy, and mood. A digital detox helps you reset and reconnect—with yourself, your people, and what matters most.



IS IT TIME FOR A DIGITAL DETOX?

You might benefit if you notice:

- Trouble sleeping
- Anxiety when your phone isn't nearby
- Eye strain, headaches, or neck pain
- Difficulty concentrating
- Constantly checking notifications
- Comparing yourself to others

WHY TAKE A BREAK?

A digital detox doesn't mean giving up technology—just using it more intentionally.

- Better sleep
- Sharper focus and mental clarity
- Less stress and anxiety
- Stronger in-person relationships
- Better productivity
- Improved posture and reduced eye strain

TRY THESE SIMPLE DETOX TIPS

- Check your phone's Screen Time report.
- Turn off non-essential notifications.
- Create screen-free times (during meals or before bed).
- Replace scrolling with a short walk or time outside.
- Read a book, call a friend, or enjoy a hobby instead.
- Put your phone away 30–60 minutes before bedtime.

TODAY'S CHALLENGE



Put your phone on
Do Not Disturb for 30 minutes.

Spend that time talking with family, taking a walk, reading, or simply enjoying a break from notifications.



WE WANT TO HEAR FROM YOU!

What's one screen habit you'd like to change this week?
Examples: no phone during meals, fewer notifications, or putting your phone away before bed.



Your mind. Your time.
Use them wisely.



Source:
Teladoc Health

HAVE A
TOPIC IDEA?



Send suggestions to:
hr4u@fabianobrothers.com



Approved Safety Read topics
earn the contributor a
\$5 HIP Credit!



DISCONNECT TO RECONNECT.
YOUR MIND DESERVES A BREAK.

