

# DIGITAL DETOX



How to disconnect from your Digital life and connect with something that really matters.



**"CLOSED FOR SPIRITUAL MAINTAINENCE"**

@thewholejourney

## WHY DO YOU NEED IT?

Reconnect

Be More Engaged with Real-World Activities

Change the Way You Seek Validation

Improve your attention

Develop a better relationship



Roughly 60 percent of people say a traditional vacation does not relieve their stress.



Staying off all social media for a week has been shown in a study to increase happiness.



54% adults admit that connected devices interrupt face-to-face conversations with friends and family.

### STEP 1

Decide the duration

### STEP 2

Plan your Detox

### STEP 3

Make some fun plans!

### STEP 4

Log off!



# Digital Detox Lifestyle Step By Step

**Brendan G. Carr**



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