

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

H Kauffman



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