

DIGITAL DETOX



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



**"CLOSED FOR
SPIRITUAL
MAINTENANCE"**

@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

Emilie Buyton



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