



WORLD DIGITAL DETOX DAY

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Practice
Mindfulness

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Spend Time In
Nature

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No Screen Time
During Meal

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Don't Use
Technology
During Feeding
Your Child

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Take Notes In
A Notebook

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Track & Take
Control Of Your
Screen Time

07



Get More
Sleep & Remove
Blue Light

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Unplug
And Turn-off
Once A Week

Working Relentlessly for
Betterment of Society.

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2026 Guide Digital Detox Lifestyle

Barrett Williams, ChatGPT



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