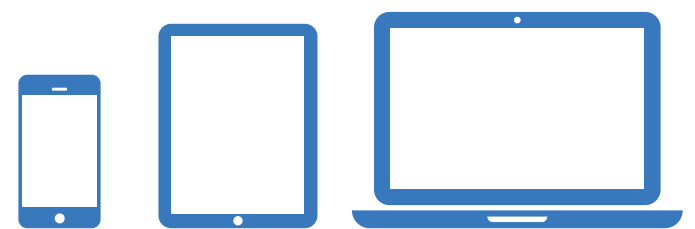




Screen-Free Connections

Do you have an unhealthy relationship with your smartphone? Here are a few tips to get you started.

Tips to gradually untether yourself from digital devices:



- Week 1:**
Turn off notifications and only check in at select times.
- Week 2:**
Turn off data to prevent emails and notifications from distracting you.
- Week 3:**
Designate phone-free areas in your home and/or office.
- Week 4:**
Schedule a phone-free day.

YOUR WELLBEING ACTIVITY

TAKE A DIGITAL SABBATICAL

Commit to reducing your use of digital devices by choosing a strategy from the ideas listed or coming up with one of your own.