



## 5 TIPS TO INTENTIONALLY UNPLUG and Connect to What Counts

**01 Practice Intentional Tech Delay:** Do you wake up in the morning and immediately reach for your phone? You're not alone. We suggest practicing what is referred to as intentional tech-delay. Instead of reaching for your device or turning on the TV to start your day, instead use the first hour of each morning to calmly take in the world around you: sip a cup of coffee outdoors or by a window, practice meditation, eat a healthy breakfast, and jot down goals for the day using a pen and paper. Allow your mind and body to enter the day slowly, mindfully, and with intention.

**02 Disable Phone Notifications:** Constant dings, pings, and pangs from your personal devices can be incredibly stressful, creating a false sense of urgency. Rather than putting pressure on yourself to immediately respond, set your phone notifications to "off" for anything that isn't actually urgent. The pressure for "inbox-zero", or the need to reply to a text right when it comes through, sets unrealistic and unhealthy expectations for you and the people around you. You simply don't need to be "on" all of the time. Plus, you're more effective and efficient when you focus on doing one task at a time, and doing it well.

**03 Unplug at Meal Time:** Remember when your mom told you not to eat in front of the TV? It's time to apply that same principle to your dinner table. Meal times are break times. In our busy, fast-paced society, we rarely make time to slow down and connect with one another. Not only are devices at the table rude, but they distract from your ability to mindfully nourish your body, give your brain a break, and have meaningful face to face conversations with other human beings. While you're breaking bread, break from the phone.

**04 Find Your Phone a Home:** The portability of personal devices has proved to be a major contributing factor to our "over-plugged" society. By providing a designated place for your phone to rest and recharge you're creating physical distance between you while you rest and recharge too. Our branded "unplugged boxes" were designed specifically for this purpose. Home from work? Put the phone in the box and greet your family device-free. Dinner time? All devices get dropped in the box. Drop it and step away from the box!

**05 Leave a Book by Your Bed:** Too much screen time is associated with poor sleeping habits, and as a result, most people experience difficulty "shutting down" at the end of night. We suggest swapping out nighttime scrolling for nighttime reading. By eliminating the glare of the screen and replacing it with a book, you will slow your mind, and give your body the wind-down it needs to naturally fall asleep. If your book is already by your bed you can easily reach for the healthy choice.