

DIGITAL DETOX *how to do*



choose a special day,
log out of social networks,
put your phone offline



inform family, employees
that you have a detox
day and you are not in
touch

go for a morning run,
in the forest, or on the
street, enjoy nature,
birdsong



cook your favorite food,
do what you love,
analyze your insights
at the end of the day



Digital Detox Trending United States

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