

# 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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