

Don't Be A

Slave To

TECH



Don't rely solely on technology to connect. In-person conversations allow for deeper connections and better communication, which can lead to stronger and more fulfilling relationships.



Practice self-care activities that don't involve technology, such as reading a book or taking a bath.



Have a tech-free zone in your home to disconnect from technology and enjoy some quality time with your loved ones. You can choose a room or a space in your house where you can relax and avoid using any electronic devices.



Taking a break from social media and technology
can be a great way to recharge and refocus.
Consider setting aside a specific amount of time
to disconnect.



Disabling unnecessary notifications can help reduce stress. Try adjusting your notification settings to only receive alerts that are important or necessary.

STAY ACTIVE!



Spend time outdoors and engage in physical activity. This can help clear your mind and reduce stress. Make sure to leave your phone behind or put it on silent to fully disconnect and enjoy the experience.



It's important to remember that technology should be a helpful tool, not a source of stress. There are also many stress-reducing apps and tools available, so consider incorporating those into your routine.