

Digital Detox

We all know that social media can be toxic... we spend hours of our time mindlessly scrolling through our Facebook feeds, not really taking in anything positive from it.

We also know that digital detoxes often tell you to put your phone away for days at a time... We're not sure that's realistic. So we invite you to choose a time that feels right for you to take a break from your phone, you can print this page out (if you can't, that's ok too). Physically put your phone on the image below (or put it away in some kind of box/tupperware). Leave it there for an hour, take the time to do something that benefits you, do an activity with the kids or something for yourself.

