

Unplugged: A Digital Detox Guide

Understanding the Cost of Connection

[YOUR NAME] • DECEMBER 17, 2025

Why We Unplug

- 01 Mental fatigue arises from cognitive overload due to screens.
- 02 Statistics show that 70% of people experience mental fatigue from prolonged screen use.
- 03 Taking time offline enhances mood, focus, and overall well-being.

The "No-Phone" Zones

Bed

IMPROVE YOUR SLEEP

Meals

EAT MORE MINDFULLY

Relaxing

ACTUALLY READ A BOOK

Results from Digital Detox

Effects of Unplugging

Reclaimed time fosters personal growth and relaxation, allowing individuals to recharge away from screens. It brings clarity and rejuvenates one's mental state, leading to enhanced well-being.

Statistical Gains & Nature Connection

About 80% of individuals report feeling more peaceful post-digital detox. Furthermore, spending time in nature can boost creativity by as much as 50%, making unplugging beneficial for mental health and innovation.

Thank You
