

# Unplug



***'Almost everything will work again if you unplug it for a few minutes, including you.'*** Anne Lamott

- If we're honest, most of us have an unhealthy relationship with our phones and other technology. Why not challenge yourself to use the off-button more this holiday and take the time to recharge?
- Think of some of the 'analogue' experiences you'd like to make time for, such as enjoying quality time with family and friends, having time to exercise, spending time outside, or simply learning to be more 'present.'
- Amidst all the busy-ness of Christmas and New Year, consider the value of powering down and giving yourself a chance to reboot.
- Why not talk about this with a colleague or friend and be accountable to each other for limiting your screen time over the Christmas season?

***'Happy people take the time to unplug and go outside.'***

Unknown

