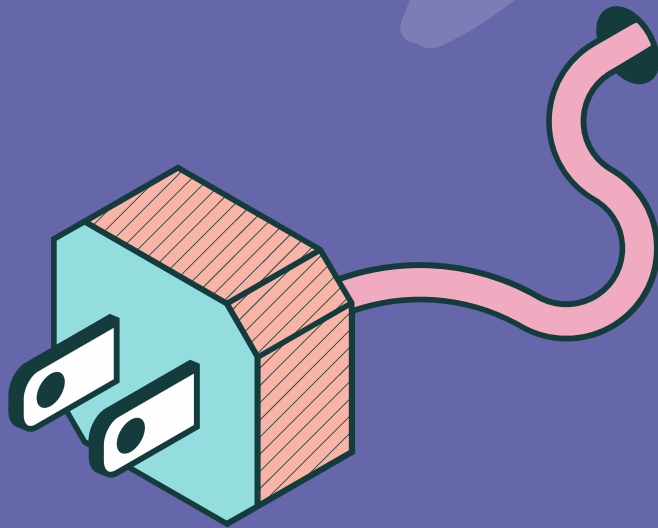# Unplug from Technology

Once in a 30 day period, spend some time without technology. Take a social media break, read a book before bed, make an effort to spend time away from your phone or tv.