

DIGITAL DETOX 2025 = TECHNOLOGY + MINDFULNESS



THE PROBLEM

60% of people feel mentally drained by screen time



Anxiety



Brain fog



Poor sleep

TOP 5 TOOLS IN 2025



Headspace
Guided meditation



One Sec
Intentional app access



Forest
Focused work sessions



Aura
Emotional well-being



Oura Ring
Wellness & sleep tracking

MERGE TECH WITH MINDFULNESS

- Use apps with intention
- Create screen-free zones
- Embrace digital sabbaths

DAILY MINDFUL TECH PLAN



Morning
No phone
for 30 min



Breaks
Use set times



Night
Digital
downtime



Weekend
Go screen-free
a day

Mindfulness is your best upgrade.

Digital Detox Lifestyle 2025 Edition

**Samir Chatterjee, Jan vom
Brocke, Ricardo Anderson**



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