

# 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

**Ahmed musa**



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