



Spring clean your online habits with a digital detox



A detox is a process or period in which you abstain from or rid the body of toxic or unhealthy substances (or, in this case, behaviours). Embarking on a digital detox is a fantastic opportunity to focus on yourself and reconnect with the things that make you happy.

So, celebrate the arrival of Spring by taking the following actions:



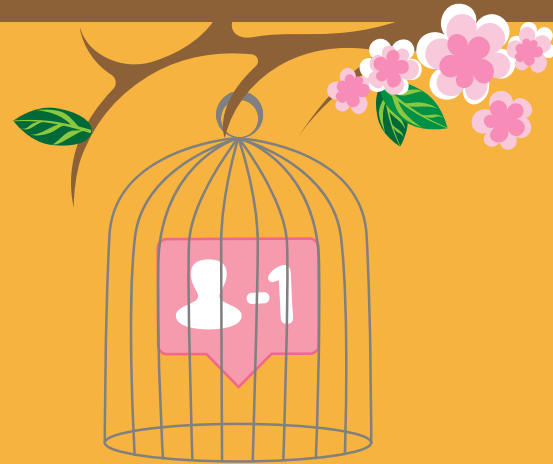
Take a month for yourself

We place ourselves under unnecessary stress when we make decisions based on how things will look to other people instead of how they would feel for us.



Hit unsubscribe

Detox your inbox by unsubscribing from unnecessary emails and promotions. Think of the time (and money) you'll save when not mindlessly scrolling through things you don't need.



Unfollow negative or toxic people

Make sure your newsfeed is a positive experience by removing negative or toxic people from your social media accounts. You can't control the world around you, but you can control what appears on your newsfeed.