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What Is a Digital Detox Challenge? Benefits & 30-Day Guide

Photo Gallery



30-day family digital detox challenge - ParentsTogether



30 Day Digital Detox Challenge Printable Digital Away Chall



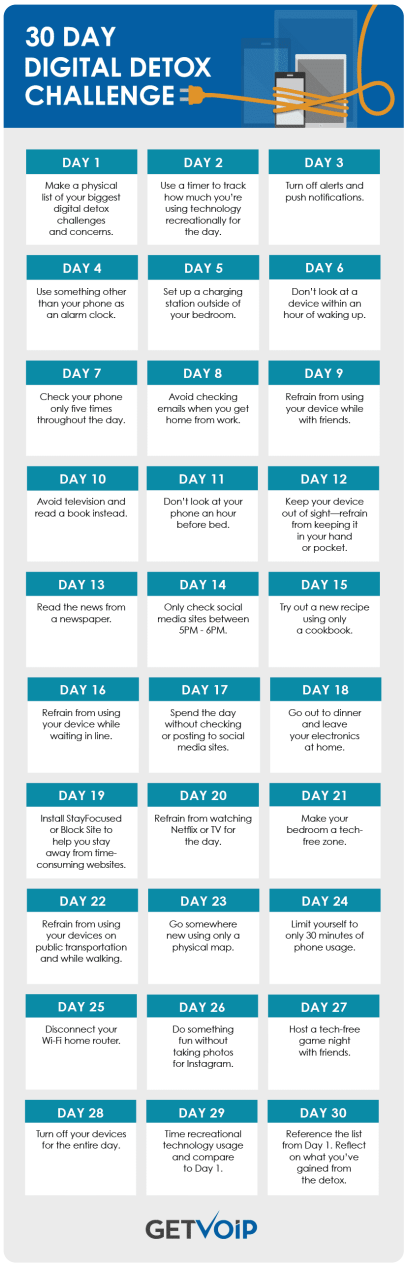
Unplugged Success: Fyles Journey Through a Month of Digital



DigitalDetox Methodist Hospital Foundation



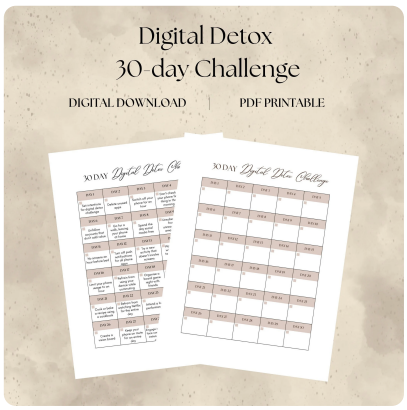
30-day Digital Detox Challenge, Digital Detox Printable, Soc



10 Scientific Benefits of a Digital Detox + 30 Day Challenge



Amazon.com: Gift Republic GR700017 Digital Detox Cards,BlueM



Digital Detox 30 Day Challenge Printable Tracker Digital Tem

About This Collection

Step away from the screen and into a life-changing experiment with the digital detox challenge. Time to log off and redefine your days with this essential plan for a healthier, freer you. See how families and students alike find mental health balance through nature, guided by the unplugged success of a month-long journey. This gallery captures the journey of unplugging, from scientific benefits that can transform your life to the 30-day trackers

and printable social media detox plans from Etsy that keep you on course. Explore the full gallery above to see the challenge unfold.

See the full gallery: View Full Gallery Online

Source: Read the original article on iworldnew.com

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