



HOW TO DETOX DIGITALLY

Let's explore practical tips for a successful digital detox



SET YOUR GOALS

Define the duration and scope of your digital detox



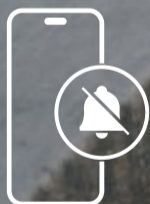
INFORM OTHERS

Inform others about your digital detox plans



ENJOY A HOBBY

Instead of scrolling through social media, enjoy a hobby



TURN OFF NOTIFICATIONS

Temporarily turn off notifications on your devices



Reflect and journal



psychosocial
counselling



health
information



financial
guidance



legal
assistance

**For confidential assistance on psychosocial matters, contact your
EMPLOYEE WELLNESS PROGRAMME
SMS your name to 31581**