



## 5 Tips to Swap Screen Time for Real Time

More time focused on your device means less time available for real-world experiences. If you're ready for a digital detox, consider these simple strategies for setting your gadgets aside:

1. **Declare a weekday ban on all devices.**
2. **Trade screen time for exercise.**
3. **Avoid multitasking to sharpen your focus.**
4. **Leave home without it (your phone, that is).**
5. **Rediscover print and paper.**

 **Want to learn more?**

Get more details at  
**[PacificSource.com/screentime](https://PacificSource.com/screentime)**



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