



# 5 Reasons to Unplug and Be Present

While smartphones, tablets, computers, TVs, and even watches are great resources, they can distract us from really enjoying our life.

Here are 5 reasons to unplug and be present:

- 1. Improve interpersonal communications.** Communicating face-to-face includes body language, tone, and touch—all of which helps us to create real bonds.
- 2. Be more aware of your surroundings.** When we put screens away, we can enjoy what's happening around us. Plus, if nothing else, it'll keep you from walking into poles.
- 3. Be more productive.** When you turn off screens and relax during off-work hours, you may find yourself more proactive at work to tackle projects and solve problems.
- 4. Sleep better.** Turn off all screens at least a half hour before going to bed. If you still need help falling asleep, trying reading a book instead of your newsfeed.
- 5. Enjoy the moment.** Put your screen away to turn off the distractions, and embrace and enjoy the moment.

## Want more?

If you want more reasons to unplug and be present, visit [PacificSource.com/unplug](https://www.pacificsource.com/unplug).

