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:

1. **Improve interpersonal communications.**
2. **Be more aware of your surroundings.**
3. **Be more productive**
4. **Sleep better.**
5. **Enjoy the moment.**

Want more?

For more reasons to unplug and be present, visit **PacificSource.com/unplug.**

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