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.**

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