

# 5 EASY WAYS TO UNPLUG IN DAILY LIFE



## 1. Smell the Flowers

Switch off the WiFi, physically leave your phone at home, and get outside to smell the flowers!



## 2. Relax & Create

Do something creative or relaxing like drawing, painting, reading - even if it's just for 15 minutes!



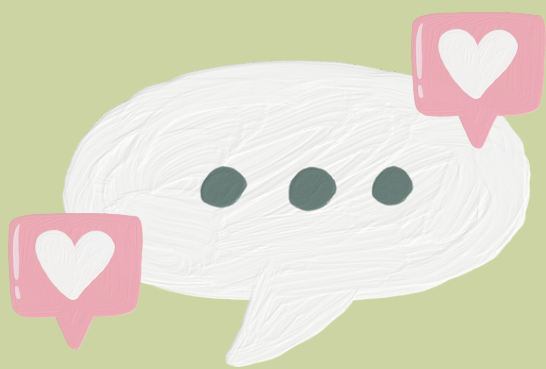
## 3. Go Low-tech

Choose low-tech gadgets. Take real photos with a vintage camera, or wake up with a retro-style alarm clock.



## 4. Chat in Real Life

Take your text messages and chat offline and into real world and real conversations. Turn phones off!



## 5. Treat Yourself

Give yourself a fun treat after working hard. Unplug your wifi, go offline, grab a coffee or see a show!



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