

Tech Recovery Tactics

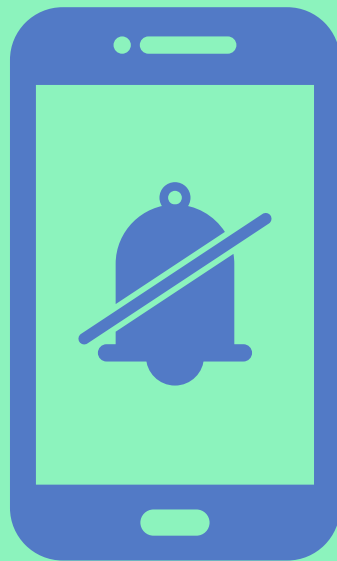
Use your tools with intention.



- Turn off non-essential notifications.
- Group apps by function.
- Unpin tabs that tempt distraction.

Tech Recovery Tactics

Create clear tech boundaries.



- No screens 30 mins before bed.
- Try device-free meals.
- Block 10-min breaks every hour.

Tech Recovery Tactics

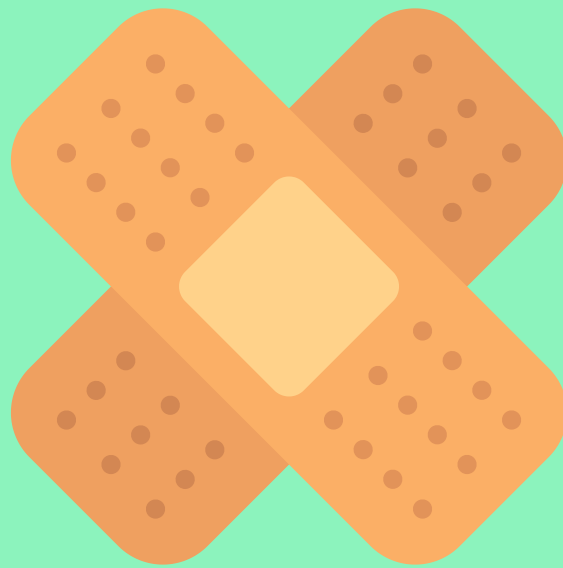
Support your senses.



- ✓ Adjust brightness and contrast.
- ✓ Use blue light filters after sunset.
- ✓ Try ambient audio to soften transitions between tasks.

Tech Recovery Tactics

Build micro-recovery into your day.



- ✓ Set a gentle timer or cue your breaks to task switches.
- ✓ Even 2-3 screen-free pauses per hour help reduce tension.

Tech Recovery Tactics

Agree on digital norms.



Discuss digital expectations:

- Are after-hours messages okay?
- Can meetings be camera-optional?

Clear agreements reduce overload
and prevent burnout.

Tech Recovery Tactics

Practice single-tasking.



- Close all relevant distractions.
- Give 1 task your full attention for 20-30 mins.

Your brain will thank you with sharper performance and less fatigue.

Tech Recovery Tactics

**Digital overload is real,
but reversible.**



**Which small shift could you
start today?**