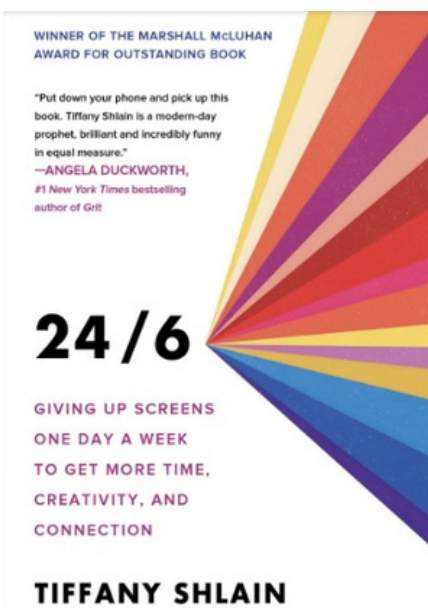




**THE 10 REASONS
WHY TO BRING A
TECH SHABBAT
INTO
YOUR LIFE**

THE 10 REASONS WHY TO BRING A TECH SHABBAT INTO YOUR LIFE

1. **Joy.** Tech Shabbat is the day you and your family get to do all the things you love. All the things you don't have time for the rest of the week: rest, read, play an instrument, bike, garden, make art, bake, go for walks, play games. It's your dream day.
2. **Ritual.** The wisdom of making a day different from all the others is more than 3000 years old for a reason. Our ancestors were on to something that is timeless.
3. **Anticipation.** Shabbat is like having a mini-vacation that you can look forward to every week. It never gets cancelled. You can rely on it--. eEven during a pandemic.
4. **Recharge.** Resting and turning off the Internet for a day gives your brain, body, and soul a recharge that does wonders for mental health and overall wellbeing.
5. **Productivity.** Taking a full day off (from stress and from screens) is proven to make you more productive during the week all week long.



For more information on bringing Tech Shabbat into your life, go to 24SixLife.com

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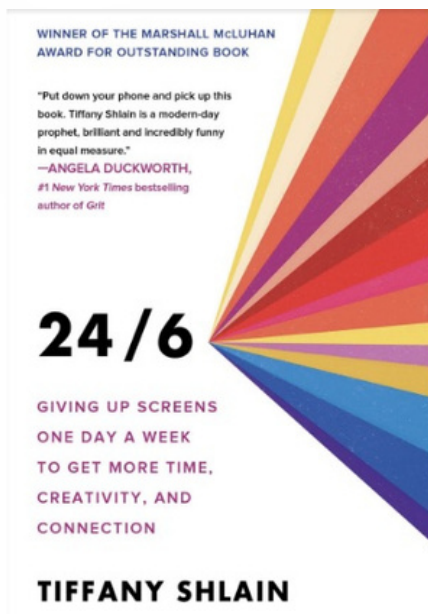
6. **Creativity.** Taking a Tech Shabbat makes you more creative and teaches children how to channel boredom into creativity.

7. **Environment.** It's good for the planet. Less electricity, less consumption, less want.

8. **Tech Balance.** The ritual of turning off screens regularly offers a double appreciation: appreciating the beauty of what's right in front of you when you're offline, and appreciating the joys of being connected through the Internet when you go back on.

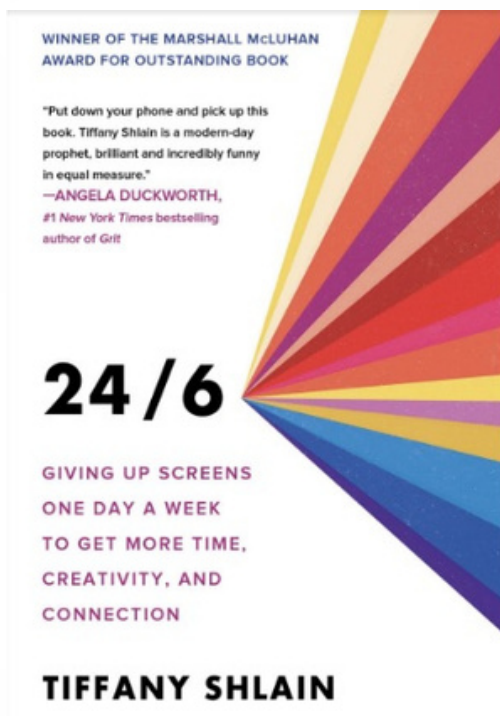
9. **Meaning.** Shabbat connects us to something much bigger than ourselves, and to millions of other people doing the same thing, every week.

10. **Connection.** Shabbat connects you to yourself and to your family, without all the distractions. And it shows your kids that that is a value of your family.



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“Doing a weekly Tech Shabbat for the past decade has been the best thing we’ve done as a family. And it’s been especially powerful during the pandemic. It gives us a break from the stress of the news. It keeps the days from blurring together. It gives us something consistent to look forward to every week. Our 17-year-old recently said it’s the only day she doesn’t feel like we are living in a pandemic. That she is free. It continues to be our favorite day of the week.” –Tiffany Shlain



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