

techtimout tuesday



tech**timeout**



join us for techtimeout tuesday

On Tuesday 1st December, we're inviting you to join us and pledge some time away from technology for [#techtimeouttuesday](#).

The antidote to Black Friday and Cyber Monday, 'techttimeout tuesday' is here to raise awareness of the impact of technology on mental health and productivity.

Whether it's 10 minutes, 1 hour or 1 day – we would love for you to look up, log off and do something you enjoy that doesn't include endless notifications and mindless scrolling.

You can share your pledge on social media in the days running up to 'techttimeout tuesday' and on the day itself. We want as many people to share the image on the day to raise awareness of technology overuse and inspire others to do the same.

There's some more information within this pack. We would love for you to join us!



Stephanie Henson

founder and managing director

how to get involved...



1

before the day...

Decide how much time you're going to spend away from technology - it could be 10 minutes, 1 hour or even 1 day!

Let people know you're taking part and challenge your friends, family and colleagues to take part too.

2

on the day...

Upload the image (our logo on the green blob) to your social media feeds and create your caption by filling in the blanks...

"I'm/we're taking part in **#techtimoutuesday** to raise awareness of the impact of technology on mental health and productivity. I'm/we're spending [insert time here] away from technology to [insert activity here]".

3

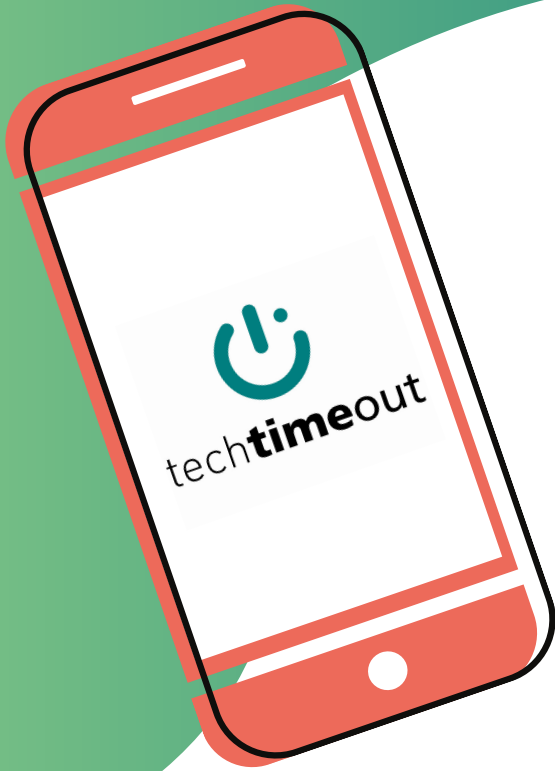
... after the day

Keep an eye on the take a minute section of our website for tips and resources.

Purchase our merchandise, enquire about a workplace programme or share our message with more people to continue supporting us in our mission.



who are techtimeout?



We're concerned that there's an unhealthy addiction to technology in society.

At techtimeout, we've made it our mission to help individuals and workplaces have healthier relationships with technology.

We need technology to work and live which means we need good habits and boundaries that help us use it sustainably. We don't hate technology but we believe that you can have too much of a good thing.


We're here with the tools and resources to change this but we need your help to raise awareness and start the conversation.

This is why we're asking you to share our message using [#techtimeouttuesday](#) and pledge some time away from technology on Tuesday 1st December, 2020.



tech**timeout**

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 away from our devices!