



What are you giving your attention to?

It's a valuable resource. Spend it intentionally.

Research shows that high screen time and algorithm-driven social media both increase anxiety, loneliness, and outrage. It pulls us away from the people and moments right in front of us. The average person spends over two hours a day scrolling. That's time that could go toward family, community, rest, and other things that warm our souls.

This isn't about guilt. It's about appreciation of the beauty around us. Visit the site to take a self-reflection quiz, learn why this is worth your attention, or join your neighbors in pledging to try something different.

disconnectmadison.org



No spam. No tracking. Just a question worth asking.