



You chose to be in this space. Are you really here?

Your attention is a resource. Spend it intentionally.

You picked this place over a chain. You like the people, the coffee, the atmosphere. Controlled studies show that reducing screen time and social media use leads to less anxiety, better sleep, and deeper feelings of connectedness to the world around you.

Disconnect Society is a free, Madison-based project asking people to take an honest look at their own habits. Visit the site to take a self-reflection quiz, learn why this is worth your attention, or make a 10-day pledge to try something different.

disconnectmadison.org



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