



You make time to be present here. Can you apply your practice in other ways?

Research on screen time and mental clarity points in one direction.

Studies link heavy screen time (especially on social media) to increased anxiety, disrupted sleep, scattered attention, and a diminished sense of connection to the world around us. The same qualities you cultivate in practice — presence, stillness, intentionality — are exactly what these platforms are engineered to erode

Join your community in building deeper connections to the communities around us. Visit the site to take a short self-reflection quiz, learn why this is worth your attention, or make a pledge to try something different.

disconnectmadison.org



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