



The best things in your life aren't on your phone.

One of them probably has four legs.

If you've ever put down your phone mid-scroll and realized your dog had been staring at you the whole time, you're not alone. A lot of pet owners carry a quiet guilt about this. That guilt is telling us something.

Algorithm-driven social media is built to keep you hooked. Research links heavy use to increased anxiety, disrupted sleep, and difficulty being present. Visit the site below to take a 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.