Ladies and gentlemen,

Today, I want to talk to you about a simple yet powerful change you can make in your life: adopting healthy digital habits. In our fast-paced, technology-driven world, it's easy to feel overwhelmed and distracted. But by making mindful choices, we can reclaim control and enhance our well-being.

Consider starting with a digital detox hour each day. Put away your devices and engage in activities that nourish your mind and body--maybe it's reading a book, going for a walk, or enjoying a hobby. This daily break can reduce stress and improve focus.

Next, let's embrace the "right-now" mindset. Instead of multitasking with screens, dedicate time to one task at a time. This can increase productivity and allow you to be more present in each moment.

Also, be aware of your screen time. There are many apps available to track and limit usage. Setting boundaries for screen time helps ensure that technology enhances rather than detracts from your life.

By adopting these healthy digital habits, we create space for creativity, joy, and genuine connection. Together, let's step away from the distractions and move toward a balanced, fulfilled life. Thank you.