**This email can be shared with your employees, members, and partners.**

**Subject: Bring your team together for #techtimeouttuesday**

Hi [Insert relevant greeting here]

We would like to invite you to join us, along with hundreds of businesses around the UK to participate in #techtimeouttuesday on 28 November 2023.

We are thrilled to join forces with the digital wellbeing company, techtimeout, to host this day dedicated to digital wellbeing awareness.

What does #techtimeouttuesday involve?

Whether it’s for 15 minutes or one hour, we would like you to look up, log off, and do something you enjoy around your work commitments, that doesn’t include endless notifications and mindless scrolling.

#techtimeouttuesday also offers a great chance for your team to spend some time offline together for a social break or wellbeing activity of your choice.

What’s so bad about technology?

Don’t get us wrong, we absolutely love technology. It can be vital for connection and open up opportunities. However, research highlights the potential negative effects of constant connectivity to smartphones, computers, and televisions, including feelings of overwhelm, stress, and anxiety.

Additionally, spending much of our time online may reduce the time available for vital health-benefiting activities like sleep, physical movement, outdoor experiences, and meaningful connections with others.

#techtimeouttuesday is here to help us to take a break from tech and raise awareness of the impact that technology can have on mental health and the importance of a healthy relationship with technology.

Why take part in techtimeout?

1. It’s totally free!
2. It promotes positive wellbeing at work
3. It offers a fantastic opportunity to bring your team together
4. It is a great campaign for our Mental Health First Aiders to champion in their organisations~~.~~

​​​

Sign up [**here**](https://www.techtimeout.co.uk/techtimeout-tuesday) to receive your techtimeout tuesday pack, filled with lots of ideas and resources to help you take part and promote #techtimeouttuesday across your business – it’s free!

[insert sign off]