

PUT IT DOWN



Sunrise, Not Screens Energize Your Day the Natural Way!

Prevents Mental Overload:

Checking screens first thing in the morning floods your brain with notifications, emails, and social media, which can overwhelm and stress you before your day even starts.

Promotes Mental Clarity:

Avoiding screens upon waking helps you begin your day with a calm, clear mind, setting the tone for focus and productivity.

Improves Morning Routine:

Screen time can easily become a distraction that delays your morning tasks. A screen-free start lets you focus on your wellness routine, like stretching, meditation, or preparing a healthy breakfast.

Boosts Mood:

Immediately engaging with social media or news can trigger negative emotions or stress. Starting your day without screens allows for a more positive, mindful beginning.



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