



RGE Tech Tips from the Field – Client Edition

Topic: Tech-Free Traditions

Chip's Weekly Cheat Sheet: Dec-21 

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1. The Phone Basket

- Encourage everyone to put their phones in a basket during the holiday dinner to focus on real conversation.
- **Chip's Tip: Technology is meant to connect us, but sometimes the best connection happens when screens are off.**

2. Do Not Disturb

- Set your phone to "Favorites Only" so you aren't distracted by junk mail while you're opening gifts with family.
- **Chip's Tip: This allows the important calls to get through while silencing the rest of the digital noise.**

3. Analog Hour

- Spend an hour playing a board game or looking at physical photo albums without any screens nearby.
- **Chip's Tip: Taking a "Digital Detox" for even a few hours can lower your stress and help you enjoy the moment.**