



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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### Recharging by Unplugging

Ever find yourself scrolling through your phone, only to feel more drained than before you started? It's a shared experience.

[Today, 91% of Americans own a smartphone—up from just 35% in 2011—and nearly everyone \(98%\) owns some type of cellphone.](#)

What begins as a quick check-in can quickly turn into lost time. Constant connectivity—especially through social media—can quietly take a toll on your mental well-being. A brief break from your phone or favorite apps can help you feel more grounded, present, and clear-headed.

#### Why Even a Small Break Matters

We don't often think about it, but our phones are designed to keep us engaged. That endless content stream can be overstimulating, leading to comparison, anxiety, or burnout. The good news? You don't need to make a huge change to see the results.

[In one recent study](#), people who blocked internet access on their smartphones for two weeks reported better mental health, stronger attention, and improved overall well-being.

And if going offline completely feels too extreme, even a shorter social media break can make a difference.

[A 3- to 7-day pause significantly reduced stress, anxiety, and symptoms of depression, especially for people who were frequent users.](#)



## Simple Ways to Unplug

There's no one right way to reset. Here are a few approaches you can try, depending on what feels manageable.

### Start with a short break.

Even a few days without social media can give your brain space to recharge.

### Limit screen time.

Try setting app time limits or using features like “Do Not Disturb” to create a buffer during work or downtime.

### Move the apps.

Removing social media apps from your phone and accessing them from a computer makes them less tempting.

### Use your extra time intentionally.

People who unplug often spend more time in nature, with friends, or doing things they enjoy—and get better sleep, too.

## What You Can Gain

When you step away from constant scrolling, you make room for what truly supports your well-being—focus, rest, creativity, and genuine connection. It's not about ditching technology entirely; it's about giving your mind a little space to reset and recharge.

## Getting Started

Silence unnecessary notifications—they're often the biggest distraction.

Designate screen-free time, like during meals or your evening wind-down.

Before reaching for your phone, ask yourself: “What do I need right now?” If it's a break, there may be a better one waiting offline.

Taking a break from your phone isn't about missing out—it's about showing up more fully in your own life. Even a few days can lead to more clarity, calmness, and a stronger connection with what matters.



## Works® Book Review | National Geographic Atlas of the National Parks

Jon Waterman's [National Geographic Atlas of the National Parks](#) is a breathtaking tribute to America's most treasured landscapes. This large-format atlas brings 61 U.S. national parks to life with vivid imagery, expertly crafted maps, and rich storytelling—making it a perfect companion for planning an adventure or simply exploring from the comfort of home.

### Highlights

#### Key Concepts

This atlas does more than showcase the scenic beauty of national parks—it captures their essence. Waterman, a former park ranger, offers insight into what makes each park uniquely American, from the coral reefs of Dry Tortugas to the glaciers of Denali. With detailed maps, more than 200 visuals, and over 100 state-of-the-art graphics, readers gain a deep appreciation for the diversity of landscapes, ecosystems, and stories behind each park.

#### Practical Applications

Whether planning your next outdoor adventure or just wanting to expand your knowledge of U.S. geography and conservation, this book is a visual guide and an educational resource. The in-depth features of 31 parks provide a closer look at their landmarks, wildlife, and cultural significance, offering inspiration for travel and a deeper understanding of America's natural heritage.

#### Impact

This atlas rekindles a sense of wonder and connection to the great outdoors. By drawing attention to the beauty and complexity of protected lands, Waterman's work invites readers to explore, care for, and celebrate the parks.

#### The Final Word

National Geographic Atlas of the National Parks is more than a coffee table book—it's an invitation to connect with the natural world. Ideal for nature lovers, travelers, and anyone passionate about the environment, it provides an awe-inspiring window into the landscapes that define the American spirit. Whether you're a seasoned explorer or a curious observer, this atlas offers a meaningful way to engage with the places that make up "America's best idea."

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