



Digital Detox – Reducing Screen Time and Improving Mental Health

Discover the transformative benefits of a digital detox in reducing screen time and enhancing mental health. Explore the detrimental effects of excessive screen use and treatments at Kauvery Hospital Bangalore, Chennai, Trichy, Salem, Tirunelveli

<https://kauveryhospital.com/blog/lifestyle/digital-detox-reducing-screen-time-and-improving-mental-health/>