



7 MOMENTS YOU DESERVE TO UNPLUG

FROM THE EDITORS AT [Esquire.com](https://www.esquire.com)

Thanks to phones that live stream and smartwatches that email, we've been blessed with the ability to surf the web, hail a taxi and send a digital hi-five a friend across the country with a flick of the wrist. And that's fantastic—but remember to hit the "sign out" button every now and again. Some moments are meant to be savored, not tweeted. Here, a few.

THE WORKWEEK IS OVER

We can all agree that contending with pop-up conference calls, meetings about forthcoming meetings and rampant abuse of the reply-all function in email chains aren't part of anyone's official job description, right? Walking that bureaucratic tightrope all week makes the arrival of the weekend that much sweeter. When you meet your homies at happy hour to decompress on Friday evening, leave those workplace woes at the office. Loosen your tie, lay down your device and raise a glass to the start of the weekend. You've earned it.

YOU'RE ON A THIRD DATE WITH YOUR TINDER CRUSH

Gone are the days of trading instant messages on AOL over a dial-up connection. Connecting with potential mates is much more convenient now. With the swipe of a finger, we can commence courting that hot accountant with stellar music taste who shares your *Game of Thrones* addiction. Since that wondrous trifecta of timing, mutual attraction and proximity isn't achieved IRL as often as we may hope, a successful third date is a big deal. Reschedule your group chats. You've finally found someone to rave about Tyrion Lannister with.

THE HOTTEST DAY OF THE YEAR

If you, too, spent far too much time last winter layering, unlayering and dealing with wet socks, here's some good news: T-shirt season is finally upon us. When the forecast calls for sorely missed sunshine and sleeves are out of the question, don't spend your day inside double-tapping on everyone else's fun. Head outdoors to give those biceps you grew over the winter some fresh air. You can refresh your newsfeed later.

IT'S TIME TO MEET YOUR FUTURE IN-LAWS

You're cleared to meet the parents. (This is *major*.) You've been coached on everything not to say at the dinner table. You've memorized all of Mom's pet peeves. And you've unplugged from your devices so you won't be the guy who misses the punch line (and cue to laugh) during Dad's favorite knock-knock joke because you're watching one of your co-worker's cats-are-jerks videos on your phone. Trust us, you don't want to be that guy.

YOUR PERSONAL TRAINER IS IN YOUR FACE

Channeling stress into a few supersets and sweat puddles is good for both the mind and the midsection. But Instagram-ready bodies don't come easily, so right now it's burpee time. And just to show you how unimpressed he is that your latest dramatic, furrowed-brow selfie just hit 100 Likes, your trainer is

your latest dramatic, followed-blow some just hit 100 Likes, your trainer is going to demand 15 more reps. Remember: you're paying him by the hour; digital fame can wait.

YOU'RE IN THE DENTIST'S CHAIR

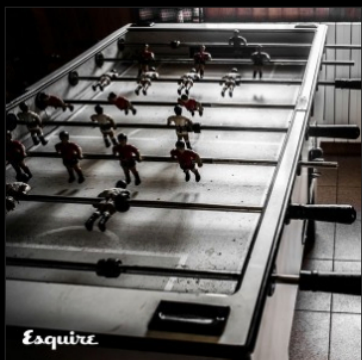
Aside from being awkward, fiddling with your device a pair of fingers poke, pull and prick inside your mouth probably isn't the safest idea. In these times of click bait headlines and unpredictable Kanye rants, an unexpected cackle or gasp could spell disaster. Err on the side of caution and enjoy a reprieve from the madness. Your dentist will thank you.

YOU JUST BECAME A DAD

Congratulations. The chance to mold a young world citizen in your image is a pretty cool responsibility. You have so many emotions and thoughts aflutter during your newborn's first hours that you no doubt want to share. Save the play-by-play for later. Soak up this moment and love on your new human. Keep something for yourself, even if just for today.

—Alexander Hardy

EXPLORE



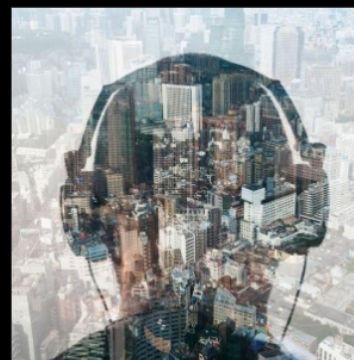
10 WAYS TO UN-BASIC A BACHELOR PAD

The grown man's guide to furnishing a modern man cave.



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These are the top ten watches with outrageous mechanisms and features, perfect for watch lovers, collectors, and tech-savvy men alike.



10 SETS OF HEADPHONES WORTHY OF AUDIOPHILES

This is a list of the best headphone models on the market today, each one worthy of any picky audiophile.



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This advice can turn traveling in a snowstorm from a hectic, stress-inducing event to a not-so-bad speed bump.



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