

TAKE A SOCIAL MEDIA BREAK

March 27, 2020



You think, *I'll check Instagram for just five minutes*—and before you know it, an hour has passed, right?

Give yourself a break from social media today. If you feel the pull, try to let go of the need to know everything as soon as it happens. Instead of getting trapped in the comparison game, experience the freedom to focus on things that really matter.

Use the time you would normally spend on social media today to [connect beyond a like](#). Choose to help someone else, strengthen genuine friendships, or deepen your relationship with God.

GO DEEPER: As a family, watch the movie *Up*. Talk about how you are like Dug, the easily distracted dog. How might [unplugging from social media](#) help you to become your best self?