

# Social Media Fast Tip Sheet



- **Plan ahead.** If social media is one of the primary ways you stay in touch with certain people or organizations, make a plan on how to do that away from social media. That could include sharing emails, texting messages, or pictures, or even setting up video calls.
- **Have an accountability partner.** Let someone know you're participating in the fast and ask them keep you accountable.
- **Turn it off.** Adjust your notification settings, hide the app, or even delete it. During the first few days you may find yourself wanting to click on the app without thinking about it. This is why it can be helpful to delete it entirely.
- **Log out.** Before the fast, make sure you log out of your platforms both in the app and on your web browser. Logging out in both places will force you stop before you are back to viewing social media.
- **Keep track of how you feel.** Do I feel more or less anxious as I go through the fast? What triggers me to reach for social media? Is it boredom, depression, or something else? What does that say about my relationship with social media? Identifying the root cause can help you turn away from it.
- **Consider what you will do after the fast is over.** How can you have healthy limits when you give yourself access again? This may mean limiting time on apps, giving up certain types of social media, or even choosing to not go back at all. It is okay if your path looks different than others as you pursue health in this area.
- **Involve the whole family.** Kids are encouraged to find ways to reconnect, too. Grab a Kids Reconnect Card from the Family Life Resource Board (main upper hallway).



## Social Media Fast FAQs



- *What is social media?*

Social media is any online platform that pulls your attention by letting you scroll, post, react, or consume content from others. It's the digital space where we share updates, follow trends, and stay constantly connected — or distracted. (cont'd on next page)

Examples: Facebook, Instagram, X, TikTok, SnapChat, and certain parts of YouTube (like scrolling through shorts.)

Examples of what it is not: email, TV, certain portions of YouTube (such as streaming an online church service or watching a specific video you looked up for advice or information.)

- *What if I don't use social media?*

No problem. You can still use this time to intentionally connect with God, others, and purpose. You could also consider fasting anything that you believe may distract you from those connections. Some examples could be news, TV, or certain blogs.

- *What if I know social media can be a problem for some, but my use is healthy?*

We are not about legalism, and you don't have to fast. However, even if your use of social media is generally healthy, using this time to intentionally connect with God, others, and purpose is still time well spent.

- *What do I do if I slip up during my fast?*

That can happen. If you have an accountability partner, share that with them. Think about what led to your slip up and make a plan on how to prevent it in the future. Then, get back to it!

