

SOCIAL MEDIA DETOX

GIVE  
YOGA



SOCIAL MEDIA DETOX

# WELCOME!

## TO THE GIVE YOGA SOCIAL MEDIA DETOX GUIDEBOOK



JOIN US ON A JOURNEY  
TOWARD RESET, PRESENCE  
AND INTENTIONAL LIVING.





# THE WHY BEHIND THE JOURNEY FROM GIVE YOGA FOUNDER

# leah westwater.



## dear give yoga community,

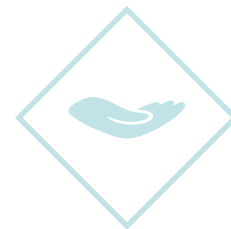
Thank you for considering a 21-day Social Media Detox with us.

We are excited to embark on this journey with you and look forward to hearing about your discoveries and insights along the way. We have been so excited to share this with you, but to be totally transparent, as a small business that relies on social media as a main marketing communication tool, we've felt concern over the impact this might have on our ability to connect with you. Ultimately though, our curiosity, commitment to growth, and intentionality inspired us to make the higher call, and our hope is that through this experience we find even more opportunities to make meaningful connections with you. We are committed to staying in contact throughout these weeks. We encourage you to work through this guidebook during your detox and use it to inspire your daily lives.

***Before we jump in, we want to share our WHY for leading this 21-day Social Media Detox.***



One of the most important tools yoga offers us is to observe — observe our habits, reactions, attachments, stories, and limiting beliefs about ourselves, others and the world. This journey will be an opportunity to powerfully observe our habits and patterns when engaging with social media.



We know, and science is confirming that scrolling from one thing to the next diminishes our capacity to be present, and we can be consumed by the world that we know as “social media.” This is being linked to anxiety, depression, mood, and sleep disorders — and the list doesn’t stop there. Often, without realizing it, we lose our sense of self in the content. Personally, if I am not careful and mindful as I engage with social media, I can get swept away by a spiral of comparison, doubt, judgment, and negative self-talk which diminishes my access to joy and authentic connection.

Many of us wake up or go to sleep with social media in the palms of our hands — never allowing our minds and our nervous system to calm down, clear out, and access peace. All that being said, we want to be clear: the intention of this social media cleanse is not to make social media “bad” and detoxing “good.” The opportunity is to observe how we interact with and consume social media. What we may find is that our habits don’t serve us. We’re on autopilot, drifting along, numbing, surviving, and missing what really matters to us.

In our culture, we have the option to seek out information and consume new media constantly. We live in an amazing time. We can be grateful that information, education knowledge, and perspective is so accessible to us. Technological advances are incredible. But we can also set boundaries and acknowledge that slowing down is needed. We can remind ourselves that we won’t miss out or suffer when we do take rest.

How do you truly want to spend your time? What do you want to prioritize? Meditating, practicing yoga, cooking, being in nature, creating deep connection and eye contact, and experiencing life moment-to-moment? How do you want to participate and show up in your life? What’s important to you? When you look back on your day, your week, your life, what are your most valued experiences? Your cherished moments?

How might we live with more intention and participation in our lives, acting according to what is most important to us? Instead of connecting with friends and relatives on social media, consider this time an opportunity to FaceTime or visit them. Reflect on how it feels to connect with people more deeply than just a like, comment or emoji.

***DURING THIS SOCIAL MEDIA DETOX AND BEYOND,  
CREATE A DEEPLY MEANINGFUL AND WHOLEHEARTED LIFE.  
DISCOVER AND TRY SOMETHING NEW.  
CREATE BALANCE. SLOW DOWN, DO LESS, TUNE INWARD.  
CONSUME LESS, FEEL MORE, BE MORE.***

Peace + Love,

**LEAH WESTWATER  
FOUNDER, GIVE YOGA**



do more yoga

drink more water  
drink more water  
drink more water

eat more veggies  
eat more veggies  
eat more veggies

# DETOX SETUP CHECKLIST

First thing's first, some tips on how to desensitize yourself from your phone:

- Turn off all notifications, both push and the little red badge numbers — you can choose to keep text and phone call notifications for peace of mind.
- Organize your apps into folders, deleting those you don't use or need, and put all folders on the second page, making an empty home screen.
- Set up Apple's Downtime or Android's Wind Down features.
- Consider setting time limits on your app usage.
- If necessary, switch your phone into black and white or night mode to make scrolling less appealing.
  - Colorful icons give our brains rewards. Set your phone to grayscale to remove these positive reinforcements — it could help limit your desire to check your phone. How to: Go to Settings > General > Accessibility > Accessibility Shortcut (bottom) > Color Filters.
- Our phone tends to be the first item we grab upon waking because they're our alarm clocks. Invest in a physical alarm clock to avoid temptation.
- Turn your phone to Airplane or Do Not Disturb mode during yoga, meditation, periods at work you'd like to be uninterrupted, R&R and family time.
- Determine a weekly detox day: communicate to your family that you won't be available by phone that day, turn off your device and store it away.
- For the 21-day Social Media Detox, we recommend deleting your social media apps from your phone completely. Share in your social media bios and feed that you're on hiatus for a set time and invite your followers to join you! Download our special graphic to post on your feed.



# give

let's be present together.

## GIVE YOGA



saturday, january 4

FAMILY YOGA  
WITH ERIN LOMBARDO  
12:15-1PM, GIVE CLINTONVILLE

sunday, january 5

GIVE BIG FREE COMMUNITY CLASS  
WITH LEAH + BRIAN WESTWATER  
10:30AM-12PM, GIVE CLINTONVILLE

thursdays, january 9-30

21 DAYS OF GROUNDING + GRATITUDE  
WITH ALEXA AND NICOLE  
6-7:15PM, GIVE CLINTONVILLE

friday, january 10

URBAN ZEN  
WITH CECILIA SHANAHAN  
6-7:30PM, GIVE CLINTONVILLE

tuesday, january 14

PRESENCE: A GATHERING  
FREE COMMUNITY SELF-CARE  
6PM, GIVE GERMAN VILLAGE

monday, january 20

YOGA NIDRA  
WITH BRIAN WESTWATER  
7-8PM, GIVE CLINTONVILLE

# events

# 25 offline activities

service projects

brunch or dinner potlucks

outdoor activities: organize a run, hike, walk with friends or go solo

yoga and meditation

letter writing

journal writing

read a book or magazine

call a loved one

minimalize your home, clear the clutter and give your space a deep clean

craft something

start an indoor garden, propagate from cuttings, buy a new plant or care for yours

rent a cabin and go off the grid for a weekend

find a new hobby (homebrew kombucha or beer! make candles!)

self care: take a bath, get a massage, roll your muscles

schedule a grooming day

hydrate!

stroll through a museum

try your hand at using an actual camera

go on a date or take yourself on a solo date

make a cup of tea, stare out the window and notice your senses

go for a quiet drive

play board games

rest, relax and do nothing

make a meal without a recipe

bask in an experience without snapping a photo and uploading it to your followers



# give

a guide to 2020 intentions with

## GIVE YOGA



more:

---

---

---

---

---

less:

---

---

---

---

---

in 2020:

i will spend more time with \_\_\_\_\_

the new place i will visit is \_\_\_\_\_

the type of food i will cook more of is \_\_\_\_\_

i will spend less time worrying about \_\_\_\_\_

the hobby i will practice more of is \_\_\_\_\_

for the good of the individual and the world

## goal setting with **GIVE YOGA**

this month, i'm looking forward to:

this week's task i will tackle:

my largest 2020 goal:

the best part about today:

the person i'm going to say i love you to:

the activity i will finally do:





# REFLECTING ON 2019

1

Write down five moments in 2019 that you've felt proud of yourself, your growth, your values, your accomplishments, or even your learnings after a mistake.

- 
- 
- 
- 
- 

2

Write down five moments of 2019 that made you feel grateful or alive.

- 
- 
- 
- 
- 

3

What new qualities, skills, or strengths did you discover about yourself in 2019?

4

What's one thing you wish you did in 2019 but didn't because you were afraid?

5

What's one thing you did despite being afraid or outside of your comfort zone?



## REFLECTING ON 2019

6

What didn't work in 2019 that you'll shed for 2020?

7

What have you done to be kind to yourself in 2019?

8

Who would you like to acknowledge for the role they played in your 2019?

## INTENTION SETTING FOR 2020

1

Envision December 31, 2020. If you could end 2020 feeling one way, what would it be?

2

Where would you like to visit in 2020?

# INTENTION SETTING FOR 2020

3

Who will you connect with more or collaborate with in 2020?

4

Write down one thing you can do this coming year to feel more productive and intentional around how you manage your time?

5

What creative projects do you want to bring into the world this upcoming year?

6

What spiritual roadblocks would you like to overcome?

7

What kind of leader, friend, parent, sibling, partner and/or stranger would you like to be?

8

Imagine you overhear a group talking positively about you. If you could choose one word that they collectively decide to use to describe you, what would it be?

*what one word best describes your intention for 2020?*

# MAKING IT HAPPEN IN 2020

Using your answers from your reflection on 2019 and intention setting for the year ahead, determine a common thread that will help you chart your course for 2020. What does success and purpose truly mean for you? What is your WHY?

1

What is your vision for your life in 2020?

2

Get honest with yourself without inviting guilt or shame along. Are there gaps between how you show up currently and your overall vision for your life? What needs to happen to lessen those gaps so that you can show up more genuinely?

3

What small changes can you make that will have a lasting impact? Can you go to bed earlier, ask for help, heal from a toxic relationship, stand up for yourself in a meeting, invite someone you value to coffee?

4

Research shows that intentional directions for implementation and self review are most effective for sticking to our goals. Per New York Times bestselling book Atomic Habits by James Clear, "The simple way to apply this strategy to your habits is to fill out this sentence: I will [BEHAVIOR] at [TIME] in [LOCATION]." Schedule regular time with yourself daily, weekly or monthly to check in and get clear on your progress. Write out your sentence below and schedule a time you will check in with yourself.

give presence  
give presence  
give presence  
give presence  
give presence  
give presence  
give presence



get presence  
get presence  
get presence  
get presence



HOORAY! YOU DID IT!

GIVE  
YOGA



HOORAY! YOU DID IT!