

BECOMING MAGAZINE

# *UNPLUG*

14 DAYS, NO SOCIAL MEDIA

TESTIMONIALS

# *UNPLUG*

14 DAYS, NO SOCIAL MEDIA WITH BECOMING MAGAZINE

“

I'M ONLY ON DAY 11, BUT I MADE THE DECISION TO EXTEND MY UNPLUGGED CHALLENGE. DURING THIS 11 DAYS I'VE NEVER FELT SO PEACEFUL, ASSURED, IN TUNE WITH GOD AND HAPPY. I REALIZE HOW MUCH SOCIAL MEDIA HAS AFFECTED MY QUALITY OF LIFE. BEING SEPARATED FROM IT HAS TAUGHT ME THAT IT HAS TAKEN MORE AWAY FROM ME , THAN IT HAS GIVEN. I DON'T KNOW WHEN I'LL RETURN, BUT IT WON'T BE RIGHT NOW. I FEEL LIKE I CAN BE WHO I TRULY AM AND NOT HAVE TO PRETEND.

”

14 DAYS, NO SOCIAL MEDIA

SINCE SIGNING UP FOR THE  
UNPLUGGED CHALLENGE, I'VE  
BEEN FEELING SO FREE! 🙌

14 DAYS, NO SOCIAL MEDIA

I AM 4 DAYS IN AND I HAVE NO  
REGRETS!!!!

14 DAYS, NO SOCIAL MEDIA

I NEVER REALIZED HOW MUCH  
SOCIAL MEDIA AND PEOPLE WERE  
CONTROLLING MY LIFE.  
ESPECIALLY WHATSAPP!

14 DAYS, NO SOCIAL MEDIA

# *WHY UNPLUG?*

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1

Everyone has an opinion, and on social media, opinions are the loudest! I'm taking this time to unplug and hear God's opinion. I want to spend more time on things that truly matter, like improving the quality of my **real life**, and becoming healthier in real life! I want to invest in solid friendships and enjoy all the beautiful moments in life, as opposed to investing countless hours into decorating a digital life.

So many women and MEN are entangled in low self esteem, anxiety, depression, comparison, insomnia and striving, (for things, money, fame and status) all because of pressures placed on them via social media.

Is it really worth our peace of mind, our confidence, our health? It's time we took our peace back, it's time we took our mental health back, it's time we unplugged to hear what we are saying to ourselves and what God is saying to us!

After this challenge, I truly believe that we are going to compare ourselves less, love ourselves and others more, and be more transparent about who we are! We are going to dig deep into our own purposes and come out of this happier, healthier and closer to God.

# *RULES*

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#1: Commit to whatever category you begin with, whether moderate or advanced! (See next page for more info on this.)

#2: **Share, share, share!** I am certain that you know women and men who need this or may want to join in. Our goal for this challenge is simple: To get 500 women (and men) off of social media for some soul searching and character building!

#3: Have fun! Enjoy this time and take advantage of everything it teaches you!



# CATEGORIES

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## Moderate:

- **Log out** of all social media platforms (Instagram, Facebook, TikTok, Twitter etc).
- Reduce time spent on WhatsApp to only sending messages. **No** watching other people's statuses. Place all unnecessary statuses on mute.
- No posting, no sharing(unless you are sharing this challenge), no commenting.
- Get 5 of your friends to join in!

## Advanced :

- **Delete** all social media apps from your phone until the 2 week period has ended (Instagram, Facebook, TikTok, Twitter, etc).
- Use WhatsApp for emergencies only. Place all unnecessary statuses on mute.
- No posting, no sharing (Unless you are sharing this challenge, and of course share before you delete the apps). No commenting.
- Invite 25 others to join in!

# *DAY 1*

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Ok, so you've spent minutes or even hours on social media. Just Scrolling and scrolling and scrolling and liking and lurking and scrolling and then scrolling some more. You told yourself, I'm only going to post this one photo or I'm only going to do this one thing and then BAM! It's been an hour or more and you're up to your neck with maternity photos, bikini shots, fancy foods, engagement posts, wedding pictures, new homes, new cars, graduation photos, couples photo shoots, bridal showers, hair styles, makeup, expensive cars and I can go on and on. And, you know what you've gained after all of that? Pressure! Pressure to share something, pressure to be "better", pressure to look "better", pressure to have this, pressure to have that! Pressure, anxiety and feeling dissatisfied your own life! Congratulations!

How many times are we going to keep falling into this trap? The trap to fit our lives into all of...well that! The trap of wanting likes and comments and follows to make us feel valid or better than someone else? The funny thing is, we're adults and we should know better! But, time after time, we plummet headfirst into the social media vortex!

# *DAY 1*

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Thing is, you know what I've learned over the years about social media? **Everything is NOT what it seems.** I've seen countless women decorate their lives on social media, while knowing them in real life...let's just say that they are the complete opposite of what they portray. And that's simple facts, not condemning anyone. I've seen broke people appear rich online. I've seen depressed people celebrated as being happy. I've seen toxic relationships idolized as being healthy, and I can go on and on and on.

There are some questions that we should really ask ourselves as we scroll on our social media feeds (No hating, but just to put things into perspective). How many photos did they take before finding this perfect one? How many hours did they spend editing those photos? How many props did they add in to make those photos look perfect? How much time did they spending doing all of this simply for MY like, MY comment or MY follow?

We need to realize that social media is a **virtual** reality. We can decorate it as much as we like, we can add cute props and color it to our hearts content but it is not real life. So ask yourself, "Why am I comparing my real emotions, my real love, my real kids, my real career, my real family, my real house, my real car, my real academic status, my real-ity to a bunch of photos or videos someone carefully selected for upload?

# DAY 1: REFLECTION

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Today, I want you to take a good look within. Get some tea and a journal if you need to. It’s time we dig DEEP!

(1) Who have you been comparing yourself to on social media?

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(2) What things are you chasing and desiring as a result of wanting to keep up with the Jones’, knowing good and well you’re either not happy or that God hasn’t called you to it? Is it a career, a business, a body goal? (Not all of these things are bad but we need to check our motives. Doing the right things for the wrong reasons can be just as toxic as doing the wrong things.)

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# DAY 1: REFLECTION

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(3) Who am I jealous of because of the life I see them portray on social media?

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(4) What am I portraying on social media? Am I more concerned about my virtual reality than my actual reality. Do I care more about what people think of me than what's really true about me?

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# *BE KIND TO YOURSELF*

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Remind yourself that just like you, those people are HUMAN. They make mistakes, they have bad days, they have insecurities, they have a little flab or some stretch marks, their spouse is not perfect 100% of the time. That cute photo they took with the stethoscope was followed by a hard, depressing day on the wards, those children aren't always that well-behaved, she DID NOT wake up like that, her butt isn't that big and her waste that small, she bought those flowers for herself. Need me to continue?

Remember, their social media accounts are not the entire picture. Ours is not the entire picture of our lives. I can attest to this. What I want you to take away from this is that we should not compare ourselves to others, especially not knowing the details of their lives. We are better than that. We will appreciate what's real and what's ours. We will water our own grass as opposed to coveting the grass on the other side. Find a quiet space and pray to God about your social media addiction or even your tendency to constantly compare yourself to others! Ask Him to help you with this and listen in prayer for ways you can improve.

"Set your mind in things above, not on earthly things."  
-Colossians 3:2

# DAY 2

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## SCREEN TIME

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What is your average daily screen time? 9 hours? 8 hours? 2 hours? I challenge you to go into your phone and look at your screen time for the past week or past month. Can you believe that you spent **that** amount of your precious 24 hours just on your phone? Take it a step further and look at the amount of time you spend on each app.

When I did this, I realized that I spend over 4 hours on WhatsApp and over 2 hours on Instagram. Doing what?! Time is so precious. During these 2 weeks offline as you cut down your screen time, I invite you to fill that time with something more substantial Maybe reading a book, drawing near to God, spending time with family, writing up a business plan, organizing your room, figuring out your purpose? Today, in your quiet time decide how you will spend your day. Be a good steward of your time. Today I plan to finish an online CPR course? What are your plans for today?

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**“ Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”  
- Ephesians 5:15-16 ESV**

**“Don’t live carelessly, unthinkingly. Make sure you understand what the Master wants.” - Ephesians 5:17 MSG**



# DAY 3

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## CLEAN UP!

10

What have you been feeding your mind? What have you been dwelling on; constantly seeing, feeling or listening to? ***You become whatever you constantly feed your mind!*** If you're sitting down listening to or reading gossip all day, don't be surprised when you become a person who loves drama and whose life is filled with drama! If you're constantly watching relationship videos on YouTube, don't be surprised when you find yourself idolizing relationships. If you constantly read books about self development, don't be surprised if you start growing in all aspects of your life.

In this time away from social media, cultivate a habit of sowing good seeds. Feed your mind wisdom and love and peace and health and everything good thing in between! You are in control! What are some ways you want to be a better person? I desire to be healthy in mind, body, soul and spirit. So you know what? I'm feeding my mind the things that bring those results! I'm reading books on health. I'm practicing quiet time to journal my thoughts. I'm replacing negative thoughts and emotions with the positive. I'm drinking more water. I'm avoiding negative people!

Maybe it's time you sat down today and cleaned out your social media account and your life! Who are you following on social media? What are they posting that you're constantly being fed? What channels are you following on YouTube? What are they posting that's feeding you? Who are your friends? What are they talking about that's feeding you? What shows do you watch? What kind of books do you read? It's time to clean up!

You will never change if you constantly feed your mind the wrong things or things that go against the change that you desire. You can't lose weight daydreaming about donuts. You can't get over that guy constantly stalking him on social media! What are you willing to change? What are you willing to let go of?

**“And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.” - Matthew 5:30 NIV**



# DAY 4

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## CONSISTENCY

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People always say that **consistency is key**. Maybe there’s more truth to that than we even appreciate. Think about these scenarios: You’ve been waking up at 10am for the past few weeks and now like clock work you get up at 10am with no alarm. You always complain about hard things instead of getting them done and now every time a challenge comes, your first inclination is to complain. **Whatever we allow, becomes consistent**. Meaning, it continues in a pattern over and over again.

What things do you want to change in this time offline? What new habits do you want to form? Challenge yourself to become consistent in new things, in healthy things, in better things. It all begins with you.

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“We must not get tired of doing good...” - Galatians 6:9 ERV

# DAY 5

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## NEGATIVE EMOTIONS

12

Stress, worry, anxiety, fear, doubt, resentment, jealousy, frustration and the like are all **negative** emotions. Sometimes, life can get so hectic that these negative emotions somehow wiggle their way into our lives, take up residency and we don't even know it. The more I'm unplugging from social media the more I realize how negative my thinking could be. How triggered I get. How quickly I am to react!

Today, try to focus on one negative emotion that keeps popping up in your life. Think on why you struggle with this emotion. If you choose worry, write down a list of reasons you worry and remind yourself that God is bigger. Today, I'm choosing annoyance. I am going to write a list of all the things that annoy me and ponder on why they do. I plan to simply release all of that negative energy and resolve to be more loving and more peaceful. We really have little control over our lives , but we have **a whole lot** of control over our response.

When something happens to you, you have the choice whether or not you will worry or trust God (worry doesn't solve problems). Like wise, when someone does something to annoy me, I have the choice of whether I am going to become frustrated and let annoyance take over or if I'm going to calm down, and shift my focus.

Negative emotions are powerful! They can change our mood and even our health! How many times have you worried or become overwhelmed and ended up with a headache? Instead of embodying these negative emotions, let them go! Choose to be a positive person, radiating love and joy! Your life will be so much more peaceful. It's simply a matter of **choosing** which emotions you will allow to reign in your life and heart. You control your emotions, don't allow them to control you.

**“Above all, be careful what you think because your thoughts control your life.” - Proverbs 4:23 ERV**

**“Above all else, guard your heart, for everything you do flows from it.”- Proverbs 4:23 NIV**

# DAY 6

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## WHAT DOES GOD SAY ABOUT YOU?

13

Are you guilty of condemning yourself? “I’m not thin enough.”, “I’m not smart enough.”, “I keep making the same mistakes”, No one in my family was able to to **this**, maybe I’m not able to do it either.” , I’m not pretty enough.” , “I’m too lazy.”, “I don’t make enough money...And the list goes on and on. A lot of these pressures stem from us comparing ourselves to other people and becoming overwhelmed by societal norms.

There is nothing wrong with wanting to do better or to be better but are you doing it in your own strength? Are you depending upon yourself? Have you ever stopped to think about what God has to say about you and what He wants for your life?

Take sometime today to reflect on the things you condemn yourself about, the things that you often criticize yourself about. Why do you do it? What does God have to say about it in His word? If you’re not familiar with the Bible, I challenge you to Google scriptures about what you’re experiencing. Worried about getting impossible things done? Google what God says about impossible. Worried about making the same mistakes, Google what God has to say about freedom and moving forward. Instead of filling your mind with standards imposed onto you by this world, take this time of “unplugging” to learn what God has to say. His voice and His word is most important.

**“God has made us what we are. In Christ Jesus, God made us new people so that we would spend our lives doing the good things He had already planned for us to do.”**

**- Ephesians 2:10 ERV**

# DAY 7

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## REST DAY

14

Today instead of sending a devotional, I wanted to encourage you to **rest**. Even in a pandemic we may find it hard to rest or feel guilty for doing so. Rest is so essential! In this time away from social media, don't forget to rest. Don't forget to find a quiet place daily to simply reflect. I once read a book called ***The Power of Positive Thinking***. In the book, the author spoke about how everyday he took 15 minutes of quiet time. He described how he would find a quiet place, turn off his phone and/or TV and just lie there for 15 minutes with his eyes closed doing absolutely nothing. He further explained how this practice made him a more peaceful and less stressed person. After reading that, all through medical school I've been putting that into practice. At the end of each day before doing my devotions, I would put my phone on silent, turn off my laptop, light a nice scented candle and just lie down for 15 minutes. I remember after those 15 minutes feeling so refreshed and my mind being so clear. Today, try turning off all distractions to just sit in solitude. Today don't feel guilty for resting. Don't feel lazy for taking time off.

# DAY 8

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## YOU ARE NOT PERFECT

15

Social media has fed us the lie that our lives must be perfect! We scroll and see perfect pictures of perfect people in their perfect houses, with their perfect outfits and their perfect careers. As we look at our “imperfect” lives, we don’t measure up by far. This makes us feel so frustrated, sometimes we might even be filled with jealousy. It is so important to realize that perfect is not real. There is NO entirely perfect human being. You are not perfect, I am not perfect and that’s okay. It’s time we make a conscious decision to accept our own lives for what it is. We were born into the family we are currently in for a reason. We went to **that** school for a reason. We grew up where we grew up for a reason. Stop questioning every detail of your life. Stop living with regret, comparison and frustration about who you are and where you are now.

Guess what? Today is a **brand new day**! If there is something you don’t like about your life that can be changed, change it. Not to keep up with someone else, but to improve the quality of your **own** life. If you don’t like your current financial situation, change it. If you don’t like your horrible attitude, change it. If you don’t like your laziness, change it. But do not dwell on the things that you cannot change. Today, remember that you are not perfect and that’s okay. Instead of focusing so deeply on the lives of others and how you don’t measure up, focus on your own life. Determine those things that you can’t change and pray for gratefulness. The things you can change, pray to God for the strength and the perseverance to change them.

**"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11**



# DAY 9

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## PERFECT TRUST

16

Are you trusting God with your life? Do you believe that God is sovereign? Meaning that He has complete and total control. Do you believe that God can do anything and with Him ALL things are possible? Do you believe that God has a plan for you and that His plans are good? Maybe our issue with social media, comparison, jealousy and striving is not that we want what others have, it's an issue of trust. We don't trust that God has something for **us**. Or we don't believe that what He has for us is good. Moving forward, ask God to increase your faith. Pour yourself all over God's word and read what He says about you , your life and your future. Allow the truth of God's word to become **more real** than anyone's social media account. Focus on Him, focus on what He's doing in **your** life and what He has called **you** to do.

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"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." - Proverbs 3:5-6

# DAY 11

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## BEING SET APART

17

Christians are called to be set-apart. There should something different about them. Not darkness, but a light that shines brightly and uniquely. If you bear that noble name, what sets **you** apart? What **truly** sets you apart? If your career was stripped away, your fancy clothes, your physical beauty and attraction what would be left? The beauty of a Christian woman goes beyond the surface. She is described to have a beautiful heart, a glorious soul. Her **character**, her **strength** and her very essence is beautiful and powerful. God's spirit dwells on the inside of her. So I ask again, what sets **you** apart?

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**“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”- Romans 12:2**

**"But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."- 1 Peter 2:9**

# DAY 12

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## BE CONSISTENT

18

Can you believe that you are just two days short of completing this 14 day challenge!? Time surely flies. On this note, I want to remind you to be **consistent**. I've realized that **most** successful people in life aren't successful because they have some special talent or power that others lack, it's because they have a persistence that others lack. Successful people are often consistent. What's **your** level of consistency? What things are **you** consistent in? The healthy strategies that you've hopefully gained from doing this challenge, I pray that it becomes consistent. I pray that you consistently pray, that you consistently find time to rest. I pray that you consistently spend time in God's word. I pray that you consistently reject negative thoughts. I pray that you are consistent in every other amazing thing that you're doing or currently working towards. The key factor is refusing to quit. Yes you might stumble, but continue walking. Yes, you might find it hard, but don't stop going.

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**“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead.” - Philippians 3:13**



# DAY 13

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## JUST BREATHE

19

As millennials sometimes we feel so much pressure! Pressure to perform, pressure to look a certain way. As women we're probably feeling the pressure to get married and have children (especially if we're past the age of 25). I know that I've experienced my share of "Have you graduated as yet?", "You're still in school?!", "You don't have any kids yet? What are you waiting on?", "You're not married?!". But you know what, I have decided a long time ago to not take people on. God has a plan for my life and His plan is good. It's the same with you, God has a plan for your life and His plan is good. So **just breathe**. Stop right where you are now and breathe. Remind yourself that God is your helper. Remind yourself that God **sees and knows** you right where you are, right in this moment. God doesn't make mistakes. If you keep Him as head of your life, you cannot be led astray. Trust God, not people. Don't allow people who cannot give you life, to apply pressure. You apply the pressure in the opposite direction. Every negative word or seed people try to plant, remind yourself of God's word. All is well. Everything **will** work out. Just breathe.

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**"Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." – Jeremiah 1:5**

# DAY 14

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20

This time of unplugging as been so refreshing for me and I'm hoping that the same is true for you. Today is the last day of the challenge, but I know that some of you have already decided to extend it. On the other hand, others may have "fell off" during the 14 days but no worries, every day is a new opportunity to begin again. If there are only 3 things you take from this experience, I would want you to always remember that:

(1) **Sometimes we have to unplug to keep going:** Life can get hectic and overwhelming and it is important for us to be **self-aware** and realize when we need a break.

(2) **There is no need to compare yourself to others:** Everyone is in their own lane. Everyone is running their own race. Stop continuously looking over at the person in the next lane to see what they're wearing or how fast they're running. Fix your eyes on what is ahead of **you**. Focus on the things that God has called **you** to.

(3) **Move on, let the past be the past:** Although this time of unplugging was not to learn to overcome the past, I've personally learned that there were so many things that I was still holding onto from my past. Whether rejection, disappointment or regret. Like me, I want you to feel free to let all of that go. Make **this** a clean slate. Today is the day you give all of those burdens to God and let Him do His job.

As you continue your journey through life, never ever forget that God has a purpose and a plan for your life. A purpose and a plan that is unique to you. Don't get caught up in the wrong things. Don't get tangled in civilian affairs (2 Timothy 2:4). Be the woman that God has called you to be. Be the woman you would be proud of. I love you all so much! Go and make this year amazing!