



Part Four: Change Up

You can practice everything we've talked about so far to help you lessen your worry, anxiety and stress. But sometimes that's not enough. What if a large part of the problem with your stress is the source and frequency of the information pouring into your life? Has the rise of social media and 24/7 communication made it easier to be at peace, or more difficult? And what can you do about it?

Scripture: Philippians 4:6-8

Bottom Line: Changing your source changes your course.

Discussion Questions

1. What's your favourite social media (or media) platform? What do you love about it?
2. Do you find your intake of information in the last decade has increased your level of stress and anxiety, decreased it or left it about the same?
3. In the message, Carey shared some statistics that show the staggering increase in information people both consume and produce today vs. several generations ago. Do you think you were built to handle the massive amounts of information coming at you daily?
4. The apostle Paul gives us some advice in Philippians 4:6-8. Do you think his advice is realistic or unrealistic? Explain.
5. What would happen if you reduced or cut out some of the negative voices that come into your life via technology?
6. What sources of information do you need to eliminate entirely? And, conversely, are there any sources you think you should add?

Moving Forward

This week, try our three-step plan for de-stressing from technology.

1. **Turn off all notifications on your phone** starting immediately (with the possible exception of text messages and phone calls).
2. **Do a one to seven-day social media fast.** Don't read or post on social media during your fast.
3. **When you jump back on social, change who you follow.** Find more positive (but authentic) sources to follow. If you haven't followed us at Westside yet on your social media, we'd love to have you follow us (we try to be one of those positive voices!)