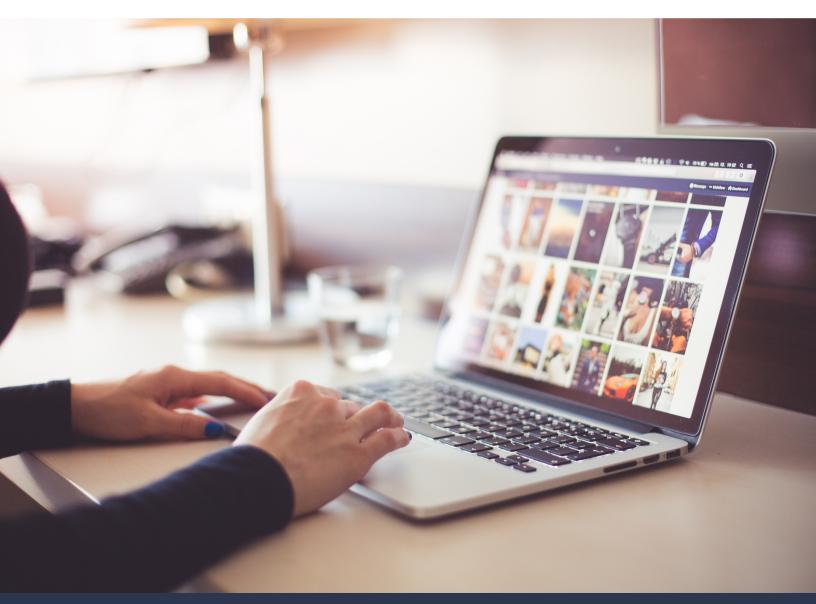


Ways to Set Boundaries with Social Media.



# Permission to Rest

Setting Boundaries with Social Media.

# Filter

Hide from *sight* on your *sites*.

Mute, Unfollow,
Delete.

## Follow

Who lifts you up? Who inspires you? Who do you enjoy engaging with?

### Feed

How can I pour into others by what I post?

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Galatians 1:10

JESSICA CABLEN | JESSICACABEEN.COM



#### Thank You!

Self regulation is essential to faith formation. What you post is what you prioritize and I hope this framework helps to ground you in what is good, and what is pleasing to God.

@JESSICACABEEN

WWW.JESSICACABEEN.COM

JESSICACABEEN@GMAIL.COM

Additional Resource: LEAD WITH GRACE:

LEANING INTO THE SOFT SKILLS OF LEADERSHIP