



## EPISODE 7 | DIGITAL DETOX DURING SHABBAT

### Arbetsblad

#### Words

*boundary - as opposed to - prescribe - mellow – resonate*

#### Questions on the content of the episode

1. What is Shabbat?
2. Where was Becky born?
3. What does Becky mean when she says “I didn’t know the deeper Why.”?
4. When does Shabbat take place?
5. What can you do during Shabbat?
6. What happens when you set up boundaries according to Becky?
7. What does Linda say about her relationship to social media?

#### Discuss

What is your relationship to social media? Linda thinks that maybe technology drives people apart. What do you think? Motivate your thoughts.



## **Key**

1. The Jewish day of rest.
2. In Israel.
3. It was just a ritual and not much behind it.
4. Between Friday and Saturday evening.
5. Read, pray, meditate, enjoy the outdoors, walk, visit friends.
6. Your world adapts to those boundaries.
7. It creates a lot of anxiety.