Writing: you have decided to quit all social media: write a last post explaining why :

Hi everyone! I’m here to share one last life altering decision with you: I’m quitting social media ☺. You may all think that I’m simply following a trend, or wander what’s this all about but it’s a project that I have been thinking about for a long time now and I decided to finally commit but let me tell you why.

We all know how social media is great, and I’m the first concerned because it has been my income for the past 2 years but nonetheless, I recently had an eye-opening experience that allowed me to put everything in perspective so let me share this one last story with you guys.

I recently went to Costa Rica for a month volunteering and decided to take this opportunity to just disconnect myself from the “real world” as I used to say. This journey was a huge challenge for me especially when I had to cut off all my electronics, but I’ve made it through, and I’ve learned more about myself in a month that I have for the past years.

I had the strong belief that I needed an escape, to let go of everything, however, this journey reminded me of who I really am without all the artifice, what I truly believe in and not the latest trend that everyone is hopping on just to stay relevant. I realized how much time I was wasting on social media just scrolling, a precious time that I could have spent doing productive things that actually made me happy, but after 2 hours scroll session, I only ended up as exhausted as someone who spent their day working and with twice the insecurities. So, I made myself a promise, I simply decided to stop for my own good, my happiness, my mental health but also my productivity. I was so caught up in what everyone was doing on social media that I spent my time making sure that I was doing everything like everyone was to try and fit in this mold where I simply no longer were the better version of myself.

For my sake I’m saying good-bye to you all, sharing my life with you on social media has been an amazing experience but my lessons have been learned and now I’m ready for this next chapter.