

PEOPLE WHO ADDICTED TO SOCIAL MEDIA



Thinks

Always thinking about get like, comments.

Always Sharing reels.

Sees



Keep checking likes, comments often.

Scrolling Instagram, Facebook reels posts.



Does

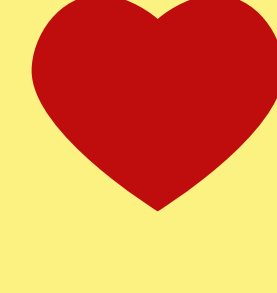
Keep posting something

Strong attachment to his or her smartphone.

Excessive amounts of time spent on social media.

They will isolate themselves.

Feels



Feeling lonely.

Feeling lazy.

Low self-esteem.

Feel of frustration.

Negative effect of social:

- > Low self-esteem.
- > Low self-control.
- > Anxiety.
- > Depression.
- > Poor sleep.

How to overcome from social media addiction ?

Social media Detox

The best thing that you can do is learn to live without it. This doesn't mean abandoning social media, it just means spending some time away from it completely. This is called a digital detox.