

## SOCIAL MEDIA ADDICTION

Once started as a means of communication has now become a basic necessity for everyone. If you still have not guessed it is our mobile phone. Earlier people used to food, clothing and shelter are our basic necessities but now our phones, especially being active on various social media platforms have become equally important.

Being addicted to our phone and spending hours on it has become an increasingly common thing. However, when this starts interfering with your daily life and functioning, then it has turned into addictions. It may have some serious repercussions to your physical and mental health.

### 7 Signs That You Are A Social Media Addict:

- You are **constantly checking notifications and news feeds** on your phone every morning and before bed. It has become a part of your daily routine.
- Your **self-esteem is affected** by how many likes you receive. You get your social validation from social media.
- **Mindless scrolling.** Just scrolling endlessly with no particular reason.
- You are **carefully thinking about what to post** during the course of your day.
- You **feel lonely** when you're not on social media, especially when you are alone.
- You **get bored easily or lack interest** with your day-to-day routine if you put down your smartphone.

Addiction to Social Media can lead to following issues:

- low self-esteem
- increased isolation and loneliness
- anxiety or depression
- onset of social anxiety disorder
- a fear of missing out (FOMO), which can lead to even more social media usage
- disrupted sleep patterns, especially if you use social media right before bedtime
- decreased physical activity, which may affect your overall health
- poor grades or work performance
- ignoring the relationships in your “real” life

- reduced ability to empathize with others

How can you reduce social media addiction

- Delete your social media apps from your smartphone. While you can still access them from your personal computer, keeping them off your phone may help decrease the amount of time spent on social media overall.
- At least once or twice a week, have a “Social Media Free” day. It might be a Saturday/Sunday when you have the most leisure time or a Monday when you have the most work.
- Turn off your personal phone during work, as well as during school, meals, and recreational activities. You can also adjust the setting on each social media app so you can turn off certain notifications.
- Set aside a certain amount of time dedicated to social media per day. Turn on a timer to help keep you accountable.
- Leave your phone, tablet, and computer out of your bedroom.
- Take up a new hobby that’s not technology-related. Examples include sports, art, cooking classes, and more.
- Make it a point to see your friends and family in person when possible.

Social media is increasingly omnipresent today, but this doesn’t mean you’ll automatically develop an addiction to it. Having an addiction to social media does not necessarily mean that you are using social media all the time, but rather that you cannot function without social media in your life. Social media use presents itself as both significantly impairing and distressing. Easily hidden, we do not realize the impact that these social networking sites have on our mental health, and even more specifically, our identity.

By taking frequent breaks and setting clear boundaries for yourself and your children, you can help prevent an overreliance on social media before it becomes harmful.