

Slide 1: Introduction to Social Media Hyperstimulation

"Social media constantly bombards users with notifications, likes, and updates, causing overstimulation. This hyperstimulation impacts mental health by exploiting our need for connection, causing an overload of dopamine."

Slide 2: Increased Anxiety and Depression

"Heavily using social media platforms, like Instagram and TikTok, can increase anxiety and depression. The constant comparison with others' lives leads to low self-esteem, while the pressure to stay engaged causes mental exhaustion."

Slide 3: Disruption of Sleep Patterns

"Another consequence of hyperstimulation is poor sleep quality. Social media overuse leads to sleep disruption, often due to staying up late scrolling or receiving notifications, worsening mental health conditions like anxiety."

Slide 4: Social Isolation and Loneliness

"Despite being constantly connected, heavy social media use has led to greater feelings of loneliness. Users may replace real-life interactions with online ones, creating a paradox of hyper-connectivity but social isolation."

Slide 5: Creation of Echo Chambers and Polarization

"Social media algorithms often reinforce similar views, creating echo chambers. This reduces exposure to diverse perspectives, contributing to social polarization and a fragmented society, where extreme viewpoints become more common."