

► How does social media fatigue affect us and in what dimensions?

1. (1) cognitive level: thinking, remembering and reasoning may be impacted when users are overly engaged or overwhelmed by responses or external demands, which is reflected in, e.g. escalating errors and mistakes or academic performance decrement,
2. (2) emotional and psychological perspective: negative health effects may emerge (e.g. depression, anxiety, burnout or frustration, etc.) and
3. (3) behavioral aspects: different human behavioral responses may occur (e.g. discontinuance of usage or interaction engagement decrement on social media).

(Anna Baj-Rogowska, 2023. *Antecedents and outcomes of social media fatigue*) ([► Link](#))

"Any sufficiently advanced technology is indistinguishable from magic."

Arthur C. Clarke, 'Profiles of the Future: An Inquiry into the Limits of the Possible' (1962)