### Depression and smart phone

Hello, everyone, my name is Ye Jingheng. I’m going to tell about the relationship between depression and smart phone. Ok, I want to ask you guy a question, have you thought that there is some connection between depression and smart phone. Honestly, I haven’t. However, according to a research in US, those who addicted to playing mobile phones are more likely to suffer from depression. It also indicates that those addicted to phones are always far away from real life, as a result of which they will be trapped in a worried motivation gradually. Moreover, because of the lack of face-by-face communication, they may fear at socializing, even suffer from depression.

What if one suffers from depression? He may be difficult to sleep, hate going outside and communicating with others. Besides, he may be pessimistic about life and even have suicide thoughts.

I have to emphasize that not everyone spending a lot of time on phones will suffer from depression. So, you don’t have to feel too worried. Just playing phones for relaxation is a good way to reduce pressure.

So, if you suffer from depression or you have the same symptoms as above, you are advised to do something. And our next team member will show you.