

## CURBING YOUR

# SOCIAL MEDIA

## ADDICTION

### THE REASON BEHIND THE ADDICTION

Psychologists and experts from Silicon Valley warn us about social media's addictive tendencies, with the usual addicts being people between 16 and 24 years old. They say that "their tendency to be impulsive, their need for a widespread and growing social influence, and the necessity to reaffirm their group identity" are all the looming reasons for them to be so dependent on social media.



Source: Iberdrola

### SYMPTOMS OF SOCIAL MEDIA DEPENDENCE

- Spending a lot of time on social media
- Spending less time doing other activities or hobbies to use social media
- Using social media to cope with unwanted/negative emotions
- More distracted doing longer and more mentally demanding tasks



Source: GoodRx



### WHY SHOULD I TRY TO STOP IT?

Social media dependency leads to a multitude of mental health issues in the long run with about 5 to 10% of Americans suffer from chronic social media addiction. Research shows that social media shows the highlights of everyone, making users believe that everyone is happy but them. It makes people compare their realistic selves to online versions of others, increasing not only unhappiness and dissatisfaction but also anxiety and depression.

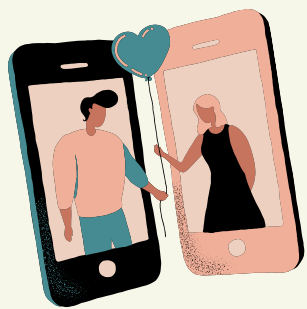


Source: Addiction Center

## TIPS TO STOP SOCIAL MEDIA ADDICTION

### SPEND TIME AWAY FROM SCREENS

Whether it be certain hours of the day or a decrease of screen time in general, it's best to be disciplined and limit tech usage. Set limits on social media apps to prevent mindless scrolling or come up with planned times to be tech free and stick to it!



### REDUCE YOUR NOTIFICATIONS

While limiting screen time is effective, limiting contact notifications helps a lot as well. Play with the settings on your phone to enable notifications only from what's important to prevent these social media apps to lure you in. Remember that your notifications should be from who you believe deserve your attention.

### ESTABLISH A CONTINGENCY PLAN

Build a plan that involves only going on your phone/internet/social media once you've done something. Set a schedule so that the internet is a reward for doing homework, errands, and other chores. Eventually, try to phase out internet as a reward and try to wean into reading and other activities involving the growth of a skill.

