

SOCIAL MEDIA *and its* CONSEQUENCES

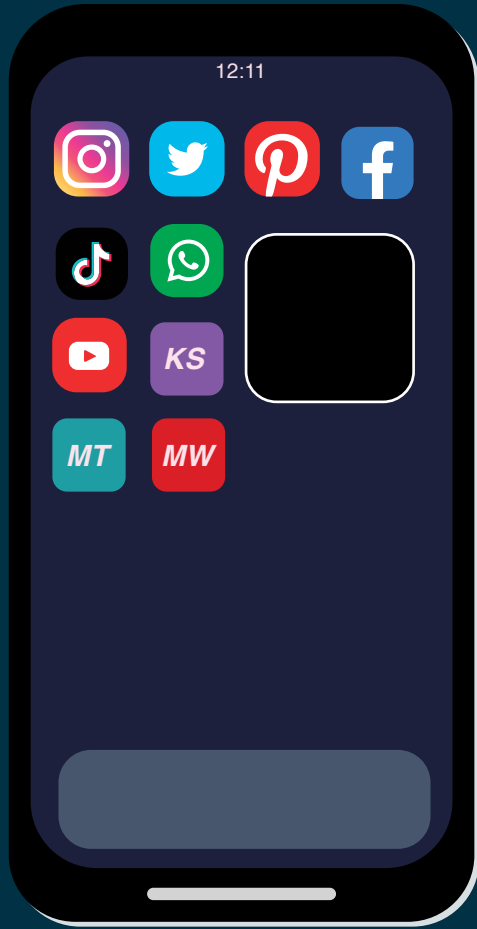
TOO MUCH CAN
CAUSE...

EYE
STRAIN

FRAGILE
EGO

ANXIETY

POOR
SLEEP



Social media users can feel an attachment to social media and feel anxiety if they are unable to use it.



Their self worth can end up hinging on if they get likes on a photo or depending on how long it takes to get a response.

Nowadays people feel awkward or uncomfortable being present in a room without checking their phones!



At its worse, it can lead you to also losing touch with reality and your family!



64%
of Americans

believe social media is negatively affecting society

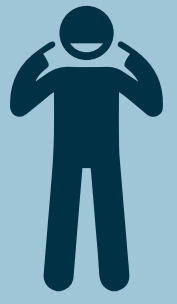


10% of Americans meet the criteria for social media addiction



94% of participants felt troubled without their phone

People talk about themselves 80% of the time on social media



SO WHAT CAN WE DO?

Try to cut your social media little by little every day!



Take up a hobby you've always wanted to do or that you know you enjoy. Set aside time each day to do yoga or meditate.



If you're taking care of a child, impose a strict time limit for how long they can use their phones.

Use your phone for good, look up methods to help you through any feelings of depression!

