

What Is Social Media Addiction?



WHAT IS SOCIAL MEDIA?

- The term “social media” refers to any website or mobile application that allows users to create and share content, communicate with one another, and participate in social networking. The first social networking platforms were created in the late 1990s, with the most popular sites appearing on the internet in the early to mid-2000s.
- Some of the most popular social media platforms today include Instagram, Facebook, Snapchat, and Twitter.

WHAT IS SOCIAL MEDIA ADDICTION?

- Overusing social media can be a serious problem. Social media addiction is a psychological condition that compels someone to be overly concerned about social media, spending so much time on these platforms that it impacts other aspects of their life.
- If you have a social media addiction, you may feel an uncontrollable urge to log on to these sites multiple times per day. You may devote so much time and energy to post and engage with other users that you neglect to take care of yourself.



- You may also notice that you begin to use social media more and more as time goes on, developing a tolerance to your usual consumption. When you stop using social media, you may experience unpleasant withdrawal symptoms until you can log on again.

The Pros and Cons of Social Media Use

- Like all technologies, social media provides both benefits and drawbacks for its users. While the positive aspects may be important, healthy social media use is necessary to avoid certain emotional and behavioral consequences.



Positive Aspects of Social Media

While face-to-face contact provides benefits social media cannot, virtual platforms can help us stay connected and support our well-being. Some of the most positive aspects of social media include:



The opportunity to discover new friends and communities online



The ability to stay in touch with friends and family around the world



The ability to raise awareness of important issues and worthwhile causes



The ability to give and receive emotional support



The opportunity to find an outlet for creativity and self-expression





Negative Aspects of Social Media

Social media's positive aspects may seem promising, but these platforms may have a long-term on your mental health.

Some of the most negative aspects of social media include the following.

Feelings of Inadequacy and FOMO

Depression, Anxiety, and Isolation

Cyberbullying

Signs Social Media Is Negatively Impacting You

You find yourself comparing your life

@socialmediandyourbrain

You find yourself comparing your life to other people's social media posts often, and experience serious FOMO when you see others posting about their social life or accomplishments.

You feel like you are not as successful


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You feel like you are not as successful or as important as other people you see on social media, and you begin to think negatively about yourself due to these comparisons.

You seek validation from social media 

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You seek validation from social media, and feel sad or depressed if you do not receive as many likes or as much interaction as you expect when you post.

You can't stay away from social media 

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You can't stay away from social media, as much as you try to limit your use. Your social media accounts are the first thing you check in the morning, and the last thing you look at before you go to bed.

You find it difficult to fall asleep

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You find it difficult to fall asleep at night. The blue light from phone screens interferes with our body's circadian rhythm, which controls when we feel sleepy and alert. Scrolling through social media before bed can make it difficult for your brain to relax enough for you to fall asleep. ⁶

If you experience these negative effects

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If you experience these negative effects, stepping away from social media may help improve your mental health. If you find it difficult to stop using these platforms, you may be struggling with social media addiction.

Recognizing a Social Media Addiction

- **#1: You Experience Withdrawal Symptoms**
- **#2: Social Media Is Affecting Your Responsibilities**
- **#3: You Lie to Others About Your Social Media Use**
- **#4: You Lose Interest in Activities You Used to Love**
- **#5: Social Media Use Impacts Your Relationships**

Social Media Addiction Treatment

- **Social media addiction can be a difficult problem to overcome. However, there are many treatment options available for people struggling with this problem, ranging from therapy programs to self-care activities.**

Speak to a Therapist

- Social media addiction, at its core, is a psychological problem. You may have underlying mental health conditions or you developed a negative sense of self due to what you see on social media. Visiting a therapist can help you better understand your social media addiction

Commit to a Digital Detox

- This treatment option is easier said than done, but a detox from social media is necessary to help you overcome the addiction. Commit to a long-term break from social media, whether it be for a week or for a month.
- **Engage in Self-Care Activities**
- When you develop an addiction to social media, you may forget to take care of yourself. In addition to finding hobbies that don't involve social media, engaging in self-care can help promote mindfulness and improve your mental health.

Limit Your Social Media Access in the Long-Term

- Put yourself on a social media schedule. Commit to avoid social media while at work or school, and only check your accounts during certain times of the day, such as your lunch break.
- Avoid using social media for at least 30 minutes before bedtime.
- Only check your social media accounts on one device
- Keep all of your social media apps in one folder on your phone away from your home screen.
- Turn off notifications for all of your social media accounts.

Let's see some cartoons...

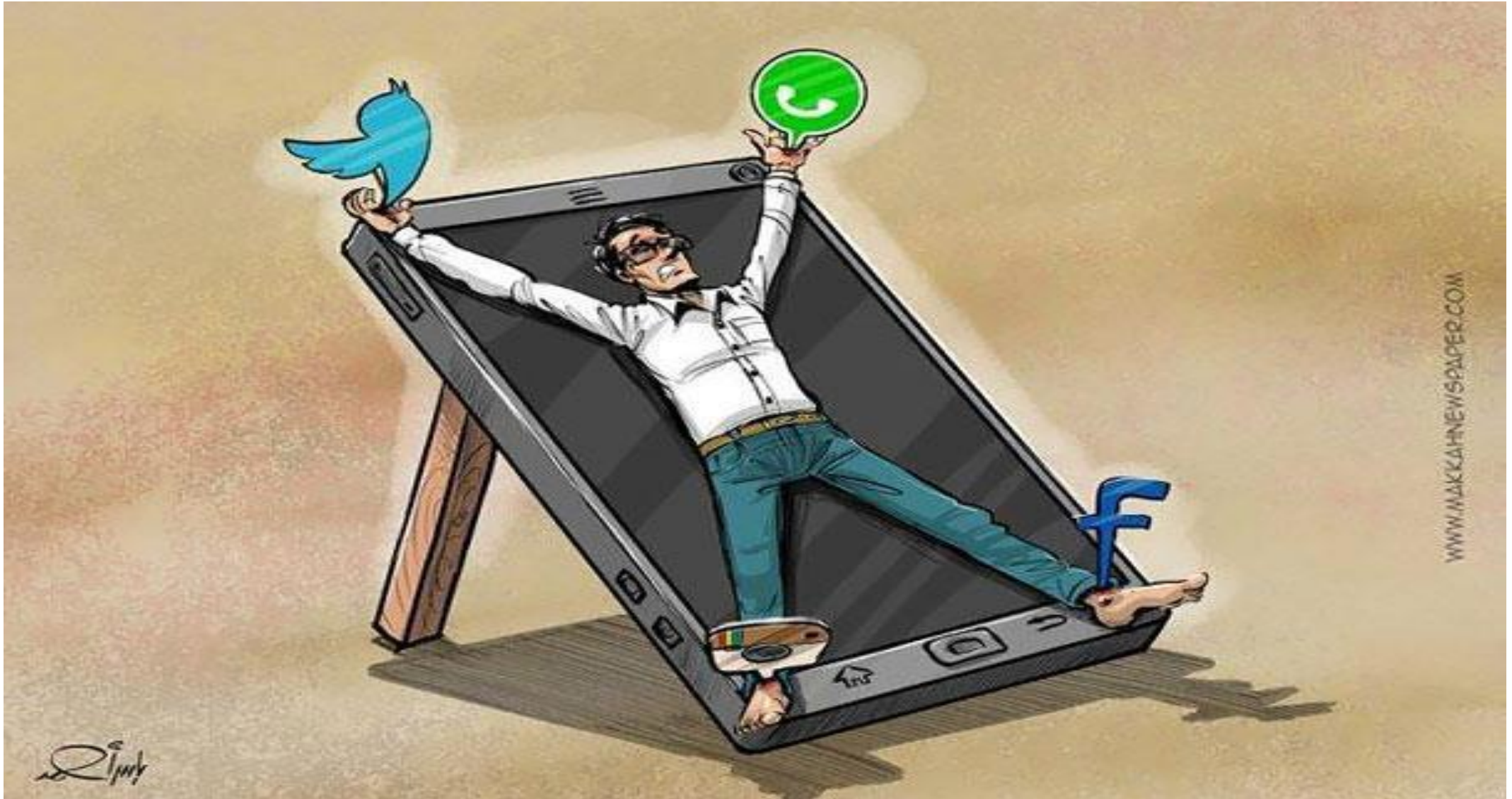
Islands



Owned



Can't Escape



Likeholic



LET'S PLAY!



Zombies



- **Resources**

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3361411/>
- <https://www.liebertpub.com/doi/10.1089/cyber.2017.0609>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5527991/>
- <https://guilfordjournals.com/doi/pdf/10.1521/jscp.2018.37.10.751>
- <https://www.pewresearch.org/internet/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/>
- <https://bmjopen.bmj.com/content/9/9/e031161>
- <https://www.liebertpub.com/doi/abs/10.1089/cyber.2018.0070>
- <https://psycnet.apa.org/record/2010-21826-023>
- <https://pubmed.ncbi.nlm.nih.gov/24395196/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2850945/>
- <https://www.pnas.org/content/112/28/8567>
- <https://www.tandfonline.com/doi/abs/10.1080/1556035X.2013.727735>