

MENTAL HEALTH

Social media is a platform that can attract negative behaviour. Horrible comments can be easily posted with a tap of a few buttons from the person behind the screen. The exposure to such comments can lead to anger, sadness, and poor mental health.



In this modern society, we can't live without social media. However, it may affect us negatively if we do not use it wisely. The solution would be to have some self-control. Start off by planning some time slots into your daily routine for social media. This will be healthier for your body and mind.



THE DISADVANTAGES OF SOCIAL MEDIA





The world has never been so connected before in the history of all time. Do you know that we check our phones on average 28 times a day? While there are advantages of using social media platforms, relying too much on social media can affect us in a negative way.

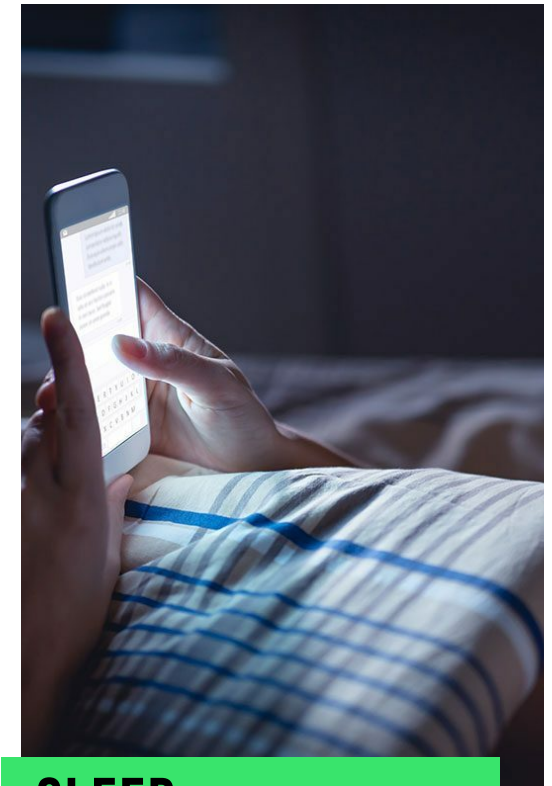
SELF-ESTEEM

The online world has made us want to look perfect all the time. People are often posting the perfectly filtered photos onto Instagram. Comparing ourselves to others can cause low self-esteem and make us feel bad about ourselves.



HUMAN INTERACTION

Talking to people can be hard when we are always glued to our digital devices. With fewer chances to interact with others in real-life, we will no longer know how to communicate face to face.



SLEEP

If we are always checking on our newsfeeds before bed, it will give us a bad quality of sleep. Social media keeps our brain on high alert, so scrolling through our phone before bedtime will stop us from falling asleep.