

Social Media,
Internet, video
games

Addiction

What is Addiction

having a compulsive
physiological need

strongly inclined or compelled
to do, use, or indulge in
something repeatedly

The biggest medical problem in world

Obesity

Addiction (Computer;

Social media, video

game)

Some types of Addictions

- Alcohol, drugs, cigarettes, nicotine
- Gambling; Gaming; Speeding; social media; Money addict, porn addicts, greed for things, heavy internet or phone usage, selfie addiction

Sign of Addictions

- You get angry
- You get irritated
- Craving for internet connection.
- Social media is the first thing you do in the morning.
- You waste your time looking at useless and procrastinate.
- You checked in everywhere you go.
- You check notifications all the time.
- You constantly monitor the “likes” and “shares” you receive.
- You take photos of almost everything.
- Social media becomes part of your life.
- Checking social media is the first thing you do whenever you are free

Social Media – Psychological Issues

- Cognitive dissonance
- It hurts your self-esteem
- It messes with your ability to think independently
- Disconnected with people
- Not present
- Relationship issue

Social Media – Medical Issues

- Brain Structure changes
- Alters posture
- Alters appetite
- Radiation dangers

Social Media – Economic Issues

- Spending on advertised products
- Developing impulse shopping behavior

Social Media – Spiritual Issues

- **Spirituality destroyed**

Social Media – Strategies to Manage it

- You manage it, it shouldn't manage you
- Set schedule (when to use and how many times you should use and how much to use it)
- Don't use it first thing in the morning
- Don't use it before sleeping
- Be face to face with family members

Social Media – Strategies to Manage it

- Play aerobic games (not computer games)
- Parents be models
- **Get Rid of Notifications**
- Limit Your Time Spent On Social Media
- Delete the Apps
- Make Yourself Busy
- Restrict Your Time Spent on Social Media Through Apps
- Create Your Own Reward System
- Disconnect and Unplug Yourself
- Never Bring Your Smartphone Into Your Bedroom
- Get An Accountability Partner
- Do a Self-reflection Every Week