

# Social Media Addiction

Like other behavioral additions, excessive use of social media can have a negative impact in the way that the brain processes pleasure and reward. On average, individuals spend more than 6 hours everyday on social media.

## When do I know my social media use could turn into an addiction?

- When you're overly concerned about social media.
- When you have an uncontrollable urge to use social media.
- When the time spend using social media impairs relationships with others and work.
- When you use social media to forget personal problems persistently.
- When you experience withdrawal symptoms and feel restless if you're not using social media.



**Experts estimate up to 10% of people in the United States have social media addiction.**



## Negative Effects

A well-balance use of social media can come with some benefits. However, increase time can come with a few negative effects.

1. Low self-esteem
2. Comparing yourself to others
3. Increase isolation and loneliness
4. Exposure to cyber-bullies
5. Disruptive sleeping patterns
6. Decrease physical activity
7. Poor performance at school/work
8. Depressive symptoms
9. Exposure to misinformation
10. Fracture relationships