

Part 4

Questions 27 to 32 are based on an article about digital detoxing.

Six (6) sentences have been removed from the article. Choose from the sentences **A to H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

Mark your answer on the answer sheet.

Digital Detox

At their best, social media platforms like Facebook, Twitter, Instagram and Snapchat can serve as a constant link with our friends and family. 27

Digital addiction is taking a toll on our health, both mentally and physically. A study from the University of Pittsburgh's Centre for Research on Media, Technology and Health found that using multiple social media platforms increased the risk of depression and anxiety in participants, especially among those using seven to 11 platforms, compared to peers who used no more than two.

Apparently, we're conscious of at least some of these negative side effects of social media addiction. 28 According to Marie Potter, Marketing Director for the Professional Organisers, the first step in overcoming social media addiction is to delete all the platforms you don't use. 29

Start by taking 15 minutes a day to declutter your devices. Instead of quitting social media, Potter suggests taking small steps to help ease the process. 30 These might include declaring a 30-minute social media time-out while at work, or setting aside an entire day as a social media blackout. It might even be as simple as limiting yourself to checking your phone during your morning coffee break – whatever it takes to control the habit.

Potter recognises that social media is a very powerful force – powerful enough to make users lose all sense of time. 31 Use an actual timer to indicate when your browsing time is up. "Otherwise it's very easy to continue down the rabbit hole of information." Try setting a calendar reminder on your smartphone or desktop.

32 Potter says one of the easiest ways to reduce your time spent on social media is to turn off these "push" notifications, and mute apps that trigger an uncontrollable urge to check for updates.

Before firing off an angry reply to that Tweet that's left you seething red, consider Potter's advice to "follow and engage with care." According to Potter, negative influencers and stress triggers who lurk in social media feeds can actually take a toll on your mental health.

- A** We're constantly drawn to our phones with every sound, buzz or flash from the notifications light.
- B** We rely on them to keep us connected and up-to-date, while giving us the opportunity to share content and get inspired.
- C** Make these steps realistic and attainable.
- D** Though it might seem impossible, you actually do have the power to completely disconnect from social media.
- E** To counter this, she suggests setting a time limit before scrolling through your various social media feeds.
- F** In a survey about New Year's resolutions, the number one goal reported by respondents for the year ahead was to quit social media.
- G** This habit allows her to get a good night's sleep and focus on mindfulness.
- H** If this task in itself seems overwhelming, break it down into bite-sized chunks.