

## SOCIAL MEDIA HABITS



All around the world, social media has become a part of our everyday lives. We use it to keep in touch with others, to communicate, to get our news, even to learn languages and find new recipes. However, psychologists and doctors say that we need to be very careful to not let our social media control our lives and become an addiction. Here are seven simple guidelines to follow when using social media:

- 1. Use social media with a purpose.** Be conscious of what you are doing and how you are spending your time on social media.
- 2. Make your real-life friends and family your priority.** Social media is a good way to stay in touch with friends who live far away, but don't forget the friends and family that are around you.
- 3. Limit your time on social media each day.** According to an article in the Journal of Social and Clinical Psychology, people who spend 30 minutes or less on social media each day report that they are happier and have more positive feelings.
- 4. Follow people and pages that make you smile.** Do not pay attention to people, pages, or images that cause you to have negative feelings.
- 5. Don't use social media before bed.** Doctors say that the light from the phone's screen and the images we see can disturb our sleep. Turn off your phone one hour before you go to bed.
- 6. Live in the moment.** When you are spending time with family and friends, don't waste time on social media. You will miss precious real-life moments!
- 7. Take a break once in a while!** If you notice that you are feeling sad or depressed from being on social media, disconnect. Take a vacation from social networks for a few days.

**1- Read about social media habits and write TRUE or FALSE for each statement below.**

The article says that social media has not become very important in our lives.

The reading states that people who spend more than 30 minutes on social media every day are happier than those who don't use social media.

Doctors affirm that our phones' screens can cause us to sleep poorly.

The article tells us to pay attention to our phones more than real-life people.

The reading says that we should stop using social media for a few days if it makes us feel sad.

**Answer these questions:**

1. What social media do you use?

2. What do you use social media for?

3. On a given day, how many hours do you spend on social media?

4. Do you think you are addicted to social media?