

# 5 signs that you should 'pause' using social networks

If there are 1 of the 5 signs below, you should temporarily stop using social networks for a while to balance your life. Invite you to consult!

1. 6 simple ways to do more with your time
2. 8 habits that affect health and productivity should be overcome immediately
3. Stop "illusion" I am a dragon, a tiger . work hard like ants and live freely like butterflies

In today's technological age - a technically obsessed society, every day 500 million tweets and 1.28 billion people use Facebook on a regular basis. **Social networking** has become an indispensable part of us as it contributes to a complete change in the way we live. Specifically, we keep in touch and connect with friends, even work and virtual life. However, there are many cases where people are too abusive and addicted, leading to many harms to health and life.



So how can you tell if you're addicted or can't live without Facebook and Instagram? Dr. **Alex Soojung-Kim Pang** , technology expert and author of *The Distraction Addiction* , shared some of the most common signs that you should log out immediately.

**If there are 1 of the 5 signs below, you should "pause" the use of social networks for a while to balance your life.** Invite you to consult!

## **1. Prepare a sophisticated meal and decorate beautifully just to have a "virtual live" photo on Instagram**



Have you ever spent time decorating beautiful-looking dishes just to make pictures that are " *artistic* " or not? If so, it's best to be ready to "take a *break* " from the social network for a while.

" *When you start changing lives on trends on Facebook, Twitter or Instagram, it's time to come back,* " said **Alex Soojung-Kim Pang** , a technology doctor and author of *The Distraction Addiction* . *If you keep thinking about how people on social networks see how your life is, you will no longer be yourself . "*

See also: "V?ch m?t" 15 masters live virtual in the online community

## **2. Can't focus on what to do if you don't post Facebook first**



More or less we all have friends who constantly **share the smallest details of their lives** on social networks. And it is unfortunate if you are one of them.

Alex Soojung-Kim Pang said: " *Posting the status of what you are doing or needing to share about your mood right away is a sign that your social network is overwhelming your life. One The day is only 24 hours, the more*

*time you spend on social networking, the less time you have for yourself, why we like these activities and what our days mean . "*

### **3. Know too much unnecessary information**



*" When I started to pay too much attention to the statuses - the status line from friends on social networks, this is really an alarming situation ."* For example, if you get the " irrelevant " information like Mr. A has just bought a car, Ms. B will break up with her boyfriend, . while you have never met those people, it is better to review the time. for social networking.

*" The downside of social networking is that besides knowing the information from your friends, too many connections will diminish your ability to build your own life, " Pang said.*

See also: Do ??you know what every minute on the Internet will happen?

### **4. Feeling "happy / stressed / jealous" with friends on social networks**



Going through the News Feed once you will easily flood the information and start to feel jealous when you see real " *beautiful* " friends, real " *happy* " couples, *wonderful* trips " "and of course will lead to you" *yelling* "with them.

When witnessing these things will certainly **make your emotions more or less disturbed** , whether you realize it or not. In fact, spending too much time on social networks is the cause of female self-esteem for women, anxiety will be greatly increased. Besides that is affecting relationships.

" *When you realize your friends' lives on social networks affect your own mood, you need to rest* ," Pang said.

## **5. Feel uncomfortable when there is no phone**



Do you surf Facebook when queuing, while waiting for a red light or sitting talking to your friends? Did you check Instagram or Twitter before going to bed and just woke up? " *The more you use social networks, the less*

*you talk to other people and your stories are meaningless,* " Pang said.

Think about this: How many conversations or events have you missed in your life just by staring at your phone?  
**The more time you spend like, the more life you will lose .**

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### **So what's the solution?**

First, start setting up a specific day time frame for using social networks. " *People have a timetable for physical training, going to work, eating and sleeping. Therefore, if spending 1 hour a day for dinner and surfing the News Feed, it's a great balance. When posting status on Facebook, limit the content of the information by only discussing stories in life and eliminating the "shimmering" images of the cute dishes or dogs you are raising ( no matter how lovely it is "* .

" *After that, challenge yourself by not" touching "the social network within a week, or it is easier to delete the Facebook, Instagram or Twitter application on your phone within a week. my life is better when I don't use social networks . "*

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