

While social media can be a great tool for keeping in touch, excessive use and constant comparison can have a significant impact on our lives and our ability to live our lives fully.

Consider the following likes and dislikes of social media:

LIKES

- 👍 Connection with friends and family around the world.
- 👍 Forums for people with similar interests and likes, forming a sense of community.
- 👍 Provide a platform for creativity and connection.

DISLIKES

- 👎 Highlight reel vs. reality. We tend to post positive or exciting things happening in our lives for others to see. However, we are not accounting for losses, setbacks or stress.
- 👎 Constant comparison of others can lead to feelings of depression and anxiety.
- 👎 Increased usage and time spent scrolling, looking for a dopamine rush (*dopamine is the feel-good hormone).
- 👎 Receiving likes or comments causes a dopamine rush, and our brain registers these likes as a reward, fueling the need to go back multiple times a day.
- 👎 Potential for online bullying and harassment.

Just like anything else, the key to social media is balance. Find a balance in time and content that works for you. Take breaks, be mindful of your social media consumption, and remember that the content is strategically curated. Real life is not a highlight reel.

