

# ***INTERNET ADDICTION***

## **WHY IS INTERNET ADDICTION BAD FOR YOU**

- if you're addicted you may not know what to do without your phone anymore and it causes stress to be without it**
- spending a lot of time on social networks can lower your self-esteem**
- you might start sleeping less which leads to many complicated problems like concentration loss and lack of productivity**
- maintaining your social life can be harder since many relationships need physical interacting**

## **HOW TO PREVENT IT**

- Turn off your notifications**
- limit the use of electronic devices (gaming, watching videos)**
- prioritise your needs**
- find activities outside your smartphone**
- delete apps you don't use**