

Digital ink

How Social is Social Media?

Have greater awareness about the sites you use and how you are using them:
 Do you mainly chomp away at information **or** do you stop to engage actively in social interaction?
 If your goal is to connect to known people, make an effort to *actively* do so
 Think about why you are there and what you hope to achieve – will it improve your life?



What's your mood like after prolonged social media use?
 Do you feel down, depressed, or bothered after using social media sites?
 Perhaps call the friend and talk
From time to time try to unplug and take breaks to engage in direct social interaction
 When you unplug, give the person in front of you your undivided attention
 If you're worried about anything, talk to someone you trust

Images from pixabay

