

SOCIAL MEDIA ADDICTIONS

**YELLOW FLAGS (Matilde Borgogno, Madita Kronsbein,
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1. DEFINITION OF AN ADDICTION

Addiction is the alteration of an habit or a behaviour with an exaggeration of using something to get a pleasure.



2. THE FACTORS OF SOCIAL MEDIA ADDICTION.

- Society
- Escape reality
- Social anxiety



3. MENTAL ILLNESS WITH SOCIAL ADDICTIONS

- obsession with comparing
- waste of time
- not enough sleep
- lost of identity and reality



4. HOW TO ESCAPE A SOCIAL MEDIA ADDICTION

- PROFESSIONAL HELP
- TALK TO YOUR FAMILY AND FRIENDS
- FIND HOBBIES TO DON'T WASTE YOUR TIME
- SET TIME LIMITS
- TRY TO DON'T COMPARE YOURSELF TO OTHERS



**THANK
YOU**