

Is Social Media Ruining Your Life?

By: Regina Sayles

You only have one life to live, but could your obsession with social media be ruining it? Whether it be to casually browse your ex's activities on Facebook, or to post a picture on Instagram of that appealing plate of food you barely touched, the truth is you are spending time on social media that you won't ever get back.

Since social media isn't disappearing into oblivion anytime soon, evaluating the role it plays in your life is the first step to gaining control and making the experience more valuable.

Do you post to social media without considering the long-term consequences?

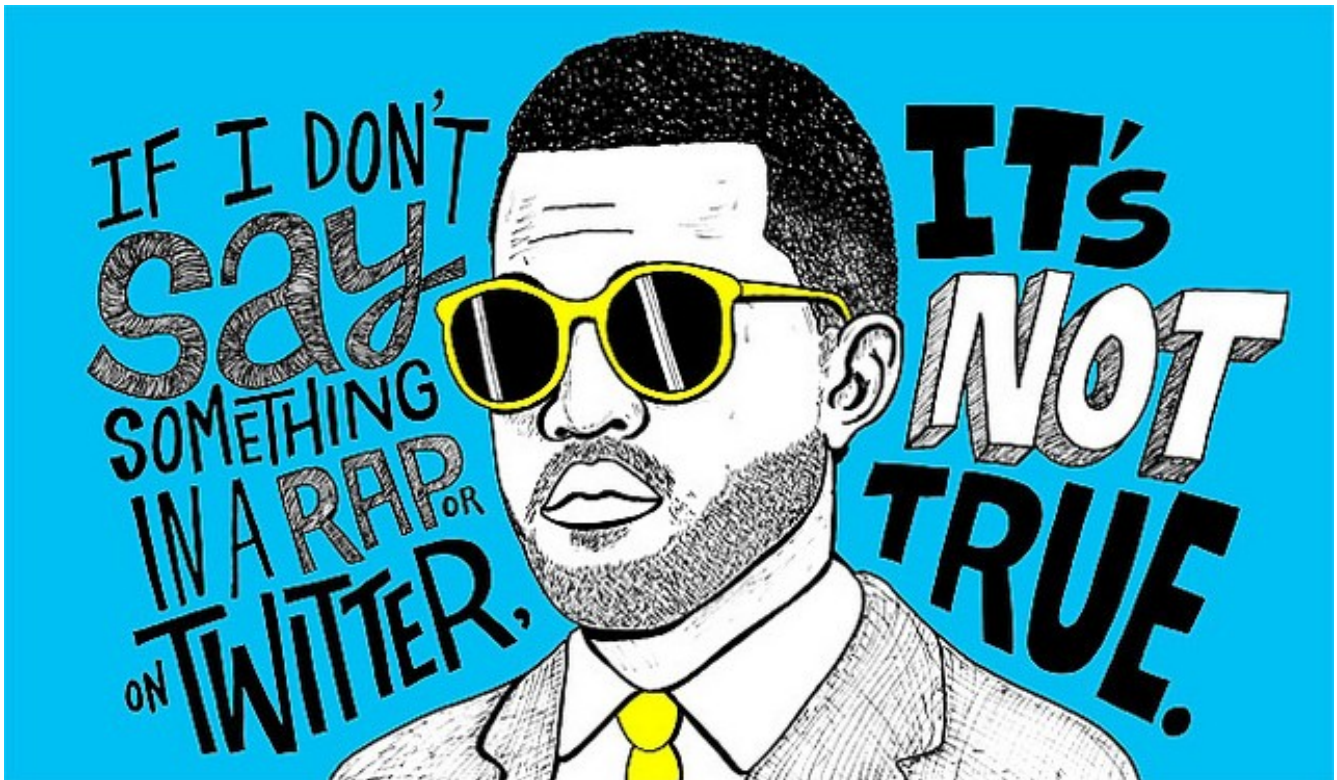


Image via [Flickr](#) by Chris Piascik

If you don't know Kanye West for his rapping chops, you may know him for candidly speaking his mind and interrupting Taylor Swift's 2009 VMA speech which had a reported [nine million viewers](#) the night of the show. Six years later, people are still talking about his errnine million viewersatic behavior from that memorable night. You may be asking, what does Kanye have to do with social media ruining my life?

Words are powerful and once you put those words out into the universe they are left for public consumption. Thinking before you post could potentially save your relationship, your career or those cool points you've acquired from followers who value your opinion.

Do you obsess over the number of comments, likes or follows you have on social media?



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You have hundreds of followers on Facebook, Instagram and Twitter, but how many of your followers would you invite over for dinner? The moment your phone lights up, you experience a rush of excitement from the instant gratification of being "liked" but does a digital thumbs up really prove your worth?

If the majority of your relationships and social interactions occur on social media, your real life relationships may soon suffer. Building an online presence can be great for business but it should not replace face-to-face interactions or meaningful talks over the phone.

Are you less productive at work because of your social media obsession?



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If you are constantly thinking about what you're missing on social media, you won't be able to focus on tasks that require your full attention. Have you taken more bathroom breaks than you can count just to check your Facebook wall? How about trying to achieve that perfect Instagram selfie in lackluster office lighting for the hundredth time?

Your constant need to stay current on social media, could be interfering with your performance and reputation on the job. Consider checking your feeds once in the morning for 10-15 minutes before work and once after work for the same amount of time to help compartmentalize social media use.

If you've answered yes to at least one of the questions asked in this article, social media could be ruining your life. The good news is, you can make small changes every day to take control of how, where and when your precious time is being shared with others.

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