Signs of Internet Addiction

Internet addiction is a serious matter that can have harmful effects on your life and overall well being. In its most common definition, internet addiction is when a person uses the internet in an excessive manner and with urgence, whether through a phone, tablet, laptop, or desktop.

INTERNET ADDICTION CAUSES YOU TO BECOME DEPENDENT ON CYBERSPACE TO FEEL NORMAL AND WHOLE.

The urge to spend very long periods of time online to feel satisfied.

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Feeling like it's acceptable to put being online above anything else like relationships, jobs, school, or other important aspects of life.

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According to Renowned Psychiatric Associations, Internet Addiction Can Include the Following Signs:



Experiencing uncomfortable withdrawal symptoms like anxiety and distress when there is no access to the internet.

Experiencing physical ailments like carpal tunnel syndrome, backache, and eye strain.

Struggling to fall asleep (insomnia).

Feeling socially isolated and disconnected from society.

Internet addiction can be caused by many factors that contribute to addictive behaviors, including genetics, mental health conditions, and environmental elements.

Set specific hours to use the internet and follow them strictly.



Don't use electronic devices in bed or while eating.



Practice non-digital hobbies and stay active (Play sports, socialize, go on trips, etc.).

Avoid using your phone when spending time with family or friends.

Monitor your internet usage; there are screen time report programs that can be helpful.)4,

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Prevention Is Key When It Comes to Protecting Yourself From Internet Addiction and Enjoying a Positive Online Experience.Here Are Some Helping Tips:

If you feel like your experience online is taking a negative turn, or if you suspect that you are addicted to the internet, follow internet usage best practices, talk to someone you trust and seek professional help if necessary.