

Six signs you may be at risk of developing an addiction to Social Media

Do you

1. Spend most, if not all, of your free time on Social Media or thinking about it?
2. Hear imaginary notifications?
3. Use it to forget about personal problems?
4. Feel lost, anxious, depressed and/or panicked when there is no Wifi?
5. Engage on Social Media so much that it has negatively impacted your work
(IE: Neglecting responsibilities, missing deadlines etc.)
6. Have a hard time putting your phone down and being present?

Social media 'abusers' are not actually addicted to the internet, *per se*, but they may become addicted to the *feeling & actions* brought about by using social media.

When engaging on Social Media, we often can experience feelings of _____

Take your power back & switch your focus to present moment _____

1. _____
2. _____
3. _____

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