



## **There really is more to life than posting on Instagram**

For many of us, a hefty chunk of our time is spent on social media. One global study in July estimated that the average person spends two hours and 29 minutes per day on such apps and websites. That's five minutes more than a year earlier. "Society has undoubtedly developed a strong dependency to social media, and the internet in general since the pandemic," says Nuno Albuquerque, a counsellor at UK Addiction Treatment (UKAT). Hilda Burke, psychotherapist and author of *The Phone Addiction Workbook*, says there's now more widespread awareness about how much time people are "frittering" away on social media platforms. "This is now easily quantifiable, as most phones show you the breakdown of how you're spending your time online," she says. "Seeing how it all adds up can serve as a powerful wake-up call. Many of my clients have expressed a correlation between heavy social media use and poor sleep and increased anxiety."

Kashmir is a 27-year-old public relations executive. She quit Instagram 10 months ago, having previously also walked away from Snapchat. "The main driver was my mental health," she says. "There's a lot of pressure to live up to what other people are doing, which isn't really representative, or the reality of that person. I would find myself scrolling at night, and then having a bad night's sleep, and then waking up not feeling refreshed. Now I'm not making comparisons in my day-to-day life." UKAT's Nuno Albuquerque says social media can be addictive for many reasons, the main one being that it is a form of escapism, especially for the younger generation. "It's simply a way of connecting without connection, and it's a 24/7 comfort blanket of company for many. But addiction feeds off isolation, and if someone spends more time living online than in the moment, then they will naturally become isolated, and addiction can creep in." He welcomes the fact that more people are quitting social media. "It's likely that we're eventually starting to realise the damage it can cause to our relationships, mental health and our experience of real-world moments."

(BBC News)

## ☑ 單字片語大補帖 ►

|                  |             |                    |              |
|------------------|-------------|--------------------|--------------|
| 1. hefty         | (adj.) 大量的  | 16. previously     | (adv.) 以前地   |
| 2. chunk         | (n.) 很大一部分  | 17. driver         | (n.) 驅動因素    |
| 3. undoubtedly   | (adv.) 無疑地  | 18. mental         | (adj.) 心理的   |
| 4. dependency    | (n.) 依賴     | 19. pressure       | (n.) 壓力      |
| 5. pandemic      | (n.) 疫情     | 20. representative | (adj.) 代表性的  |
| 6. counsellor    | (n.) 顧問     | 21. scroll         | (v.) 滑手機     |
| 7. addiction     | (n.) 上癮     | 22. refreshed      | (adj.) 有精神的  |
| 8. psychotherapy | (n.) 心理治療   | 23. comparison     | (n.) 比較      |
| 9. awareness     | (n.) 意識     | 24. escapism       | (n.) 逃避現實    |
| 10. platform     | (n.) 平台     | 25. generation     | (n.) 一代      |
| 11. quantifiable | (adj.) 可量化的 | 26. company        | (n.) 陪伴      |
| 12. breakdown    | (n.) 分類；分析  | 27. isolation      | (n.) 孤獨      |
| 13. correlation  | (n.) 關聯性    | 28. eventually     | (adv.) 最終；終於 |
| 14. anxiety      | (n.) 焦慮     | 29. damage         | (n.) 損害；傷害   |
| 15. executive    | (n.) 行政主管   | 30. relationship   | (n.) 關係      |

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| ★ there is more to A than B | 對 A 來說，有比 B 更重要的事情 |
| ★ in general                | 一般來說               |
| ★ fritter away              | 揮霍；浪費              |
| ★ add up                    | 加總起來               |
| ★ serve as                  | 充當；被用作             |
| ★ live up to                | 實踐                 |
| ★ feed off                  | 因…而增加              |
| ★ creep in                  | 不知不覺產生             |