

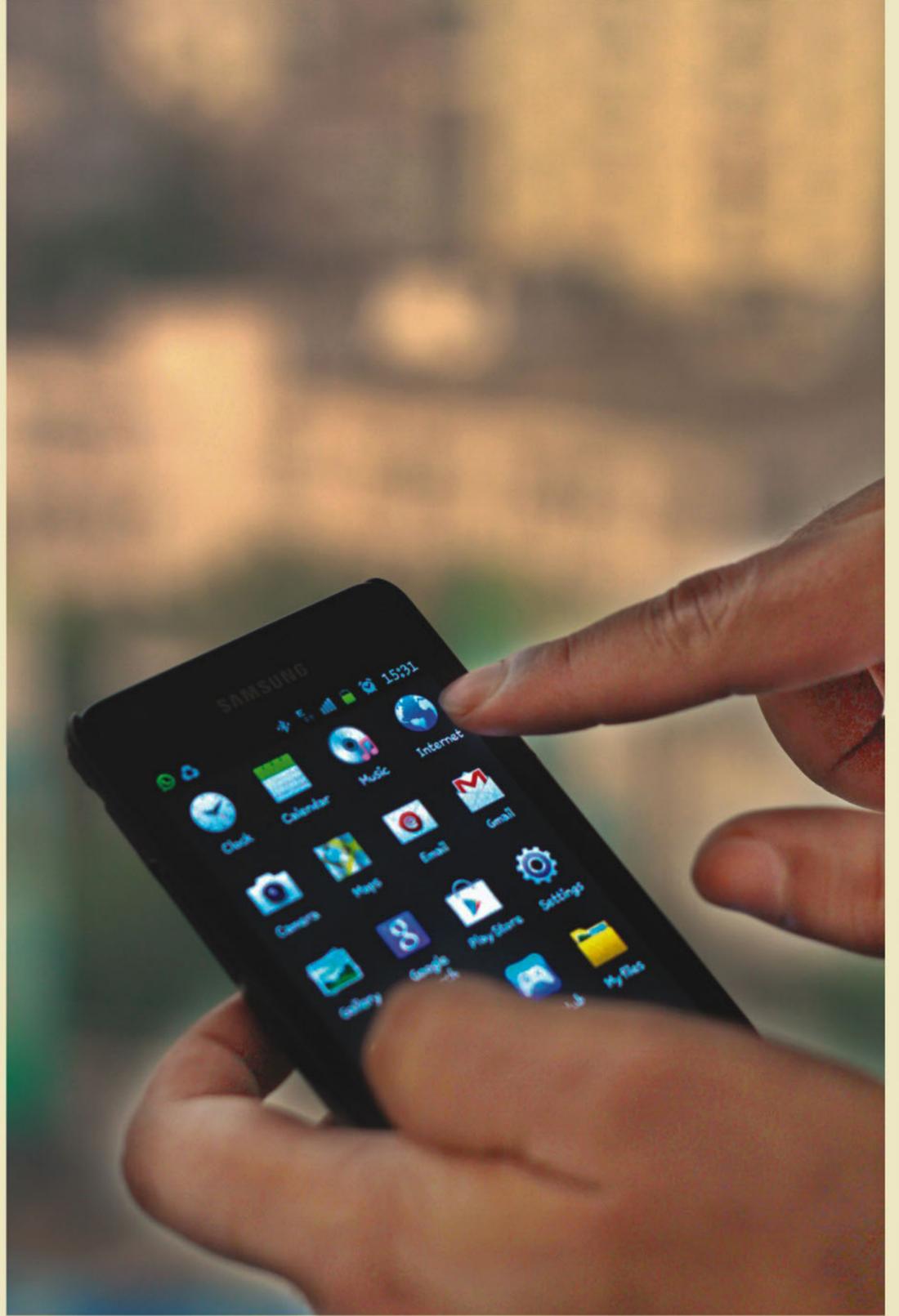
FIVE WAYS TO CURB YOUR SOCIAL MEDIA DEPENDENCE

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PHOTO: KAZI TAHSIN AGAZ APURBO

Do you often find yourself fidgeting with your smart phone or tab when in fact you are supposed to be sound asleep? Or, do you get the constant urge to check your notifications or play games in the middle of a class or during a meeting or simply, when you're not supposed to? Well, here are five ways to curb your dependence on social media platforms:

- 1 **Admit and Accept:**
The first step towards letting go of this habit is to acknowledge the fact that you maybe spending more than enough time behind social media platforms. Admitting and acknowledging a problem is the first step towards finding its solution.
- 2 **Limit Usage:**
Set a time limit. Decide on spending no more than an hour or two, each day, behind social media platforms. Initially, holding on to your resolution could look like a challenge. However, stick to that limit. It gets easier with time.
- 3 **Put Aside Those Gadgets:**
On your way to recovery, put aside those smartphones or tabs or any other gadgets that help you engage with social media platforms during family dinners or while commuting or when you are amongst your friends and family. Divert your attention towards other productive and healthy habits such as reading books or learning something new or simply, plan activities that include real-time interaction with your near and dear ones.
- 4 **Nullify Those Notifications:**
Another way to curb your association with social media platforms is to disable those notifications from reaching you. Make a habit of checking on your social media accounts only at a certain time of the day. Also, do not let your notifications reach you through SMS.
- 5 **If Nothing Works, Seek Help:**
If you feel that letting go of your dependence over social media platforms is not too easy and is taking a toll on you and your life, then perhaps, you might want to consult with a professional to help you break out of the cycle.





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