DISCONNECTED

by:
Joyniesa R. Bermas
Administrative Assistant III

It’s been eight months since I’ve deactivated my Facebook account and remove of my social media applications on my phone. This article is not trying the reader to quit social media but to share my personal experiences by disconnecting myself from social media.

I’ve had stress feeling whenever I browse my social media accounts and I don’t know when it all started but as time goes on and as I grow old, I’ve realized that my life should not circle the social media from 12 am to 12 pm. From seeing the post of my friends and my following to the general news I read from there. I quit using it because I noticed that I have been consuming most of my free time scrolling up and down and swiping left and right. I always lie down and slouching every day. And a thought just pops on my mind that I haven’t accomplished anything in my life.

Most of the time, we consistently checking our phone if there’s a message or notification from our friends so that we can catch up to them. Social media also helps us to gain new knowledge and attention from different people online. Likes and those kinds of reactions give us a sense of fulfillment in life. But sadly, we always compare ourselves to them instead of focusing on our own achievements in life. We should not compare ourselves to others. Everyone has a different path with different obstacles. Age doesn’t matter. It is not the standard we should use to validate our existence. That’s why many millennials are depressed because it feels like they are in the last queue of their generation. They forget that everyone has their own pace in life.
I know while you are reading this you are questioning me why can’t I just control myself. It is hard to quit social media because it was designed to be addictive. Social media experts designed it so that we are online 24/7 because that’s the way they earn. But ever since I’ve quit it. I noticed that I’ve read a lot of books, movies and listen to relaxing music. I’ve also started to exercise for me to avoid the calling of Facebook and Instagram. And the most important is I have a lot of time to bond with my family and my cats. Quitting social media gives me a distraction-free environment to do the things that I forgot that I love to do since social media came to my life.

As the day passed, I began to know myself more. I begin to focus my own welfare without the feeling of influence of what others might think of me. I avoid the online gaze it gave me before. I know many fake lives are being posted in social media like posting of the couple with their love for each other but truthfully are constantly breaking up with each other because of many personal issues I have a lot of friends like that. And online friends are eating at Starbucks but not yet paid their debt to our mutual friend and many to mention.

I’ve still known the current issue even though I’m not browsing since I watch the news on TV. And I can still catch up with my friends through personal messages. I believe that a genuine friend will contact you or though they’re not, you are still friends with them.

As the saying goes too much love will kill you. So too much attention that you give to social media will brings you to death earlier. Thus, try to balance everything to avoid some unfortunate stuff that you don’t notice since your eyes are all focus to a squared screen.
References: