



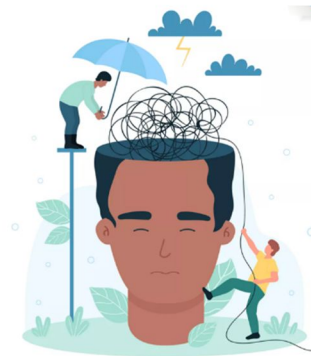
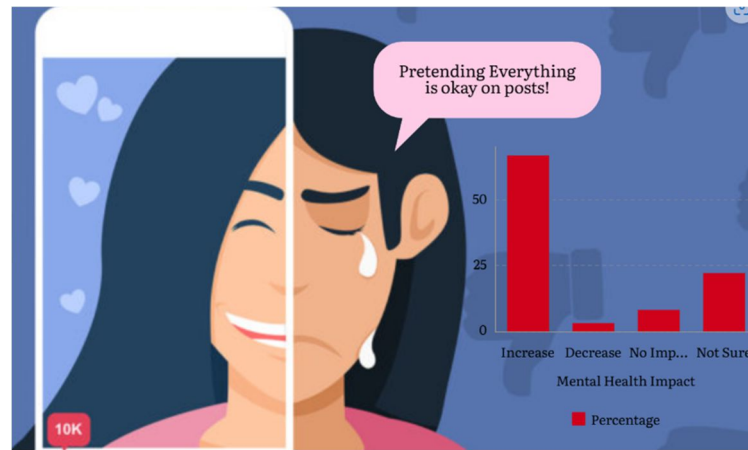
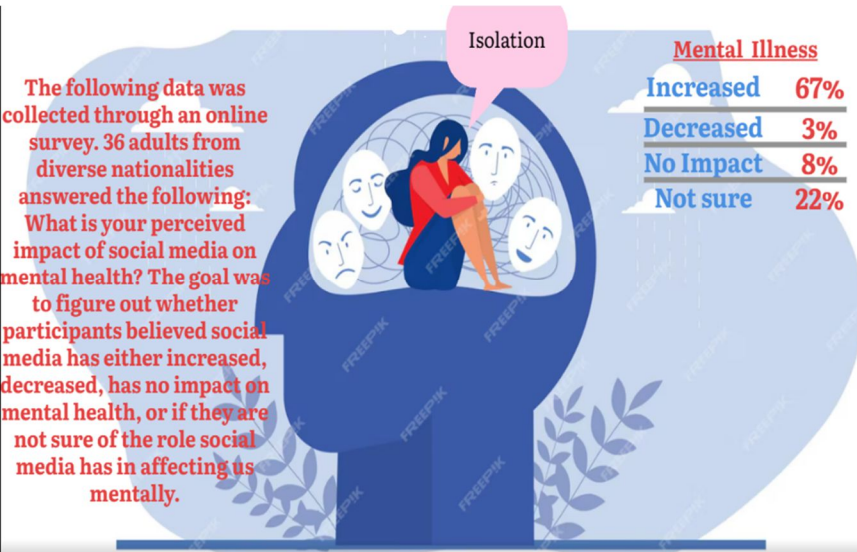
-In recent years, technological advancements have revolutionized the way we consume the world around us.

-Transforming communication in positive and negative ways. Allows us to connect with others worldwide instantly but also leads to misinformation and decreased privacy.

-Can provide support networks and a sense of community by enhancing connections and giving people a sense of belonging.

-It also contributes to anxiety, depression, sleep deprivation, and low self-esteem due to the pressure to maintain a perfect online image, the long hours spent browsing the apps, and the constant comparison with others.

-Excessive use of social media can lead to a decrease in face-to-face interactions, further impacting mental health negatively



The End