

Social media is a good way to stay entertained. In today's society I do not get the social interaction of my ancestors who lived in intertwined communities. This can lead to negative emotion if I do not stay busy. I sometimes scroll through twitter to stay busy. I think waisting time on social media is much better then being bored. On the contrary, I think people need to limit their usage of social media. If they are not able to function properly, than their dopamine system needs to be recalibrated.