

## Social Media is Harmful

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Social Media is a lot like McDonalds. We all know it's not good for us, but there is something about those fries, yummy gossip and the desire for instant gratification when it comes to information. The reality is that it, in fact, is really bad for you. Social media is super addicting - like a real addiction for many people and harmful to your mind as the tendency is to look for other for constant affirmation. Grow up and rely on your self - not others to tell you if you suck or not.

*Most of us rely partly on the ability to reflect on our thinking, feeling and behaving to form our own self-image. The problem with social media is that self-image relies mainly on others and their opinions. A recent study found higher narcissism (an exaggerated self-image of intelligence, academic reputation or attractiveness) in millennial college students, compared with previous generations. This does not bode well for a society where self-reflection is key to making informed and balanced decisions.*

Source: [Phys](#)