TEXT 1

The Happiness Effect of Social Media

by Bart Hatler

1 Can social media affect happiness? For better or worse? Social media is everywhere nowadays. Whether it is for personal or professional use, platforms such as Twitter, Facebook, Instagram, and LinkedIn are used by millions of people daily.

2 As popular as it is, there has been talk around one important question: can social media affect happiness? From the *Black Mirror* series to big-screen blockbusters, the most straightforward conclusion is, yes. But what does recent psychological research tell us about it?

3 People often assume that social media has negative effects on happiness. The truth is that social media can affect happiness both positively and negatively – the key is finding a balance that works best for you and your mental health.

4 Everybody knows this already: social media is addictive. Recent research has yet again confirmed this. It also shows that there are effective ways to respond to the somewhat inevitable[1] lure of social media's effects on our brain and neurochemistry. Dopamine, often referred to as the 'pleasure drug', plays an important role in this addictive process. Social media addiction, however, seems more likely to be associated with reward and motivation. Treatment might include reflecting on the advantages and disadvantages of social media use.

5 One of the best aspects of social media is that it allows us to stay connected with our loved ones. Before social media, if we had relatives who lived in another state or country, we really had no way of knowing aspects of their daily lives. Sure, you could talk on the phone from time to time, use alternatives such as faxes, telegrams or letters – but otherwise, you probably seldom saw your out-of-town relatives.

6 Social media has completely revolutionised this concept and made it possible for us to stay readily connected with loved ones every single day. Now, through the likes of Facebook and Instagram, we can see pictures or updates of friends and family regularly. When we do see them in person again, it is as though little time has been lost in-between.

7 We are living in an era where being an Instagram influencer is a legitimate, high-paying job – and 10 years ago, this would have been completely dumbfounding. Regardless of how you feel about influencers, it has quickly become a very profitable job. The more people know about you, the more work and social opportunities arise.

8 An immense downside to social media is the fact that people tend to overshare on such platforms. They also overshare their opinions and say hurtful things.

9 Arguably the biggest disadvantage to social media is the fact that it can make you feel bad about yourself. When there are so many people flaunting wealth and unbelievably good looks, you are going to feel disappointed about your own life.

[1] certain to happen; unavoidable.

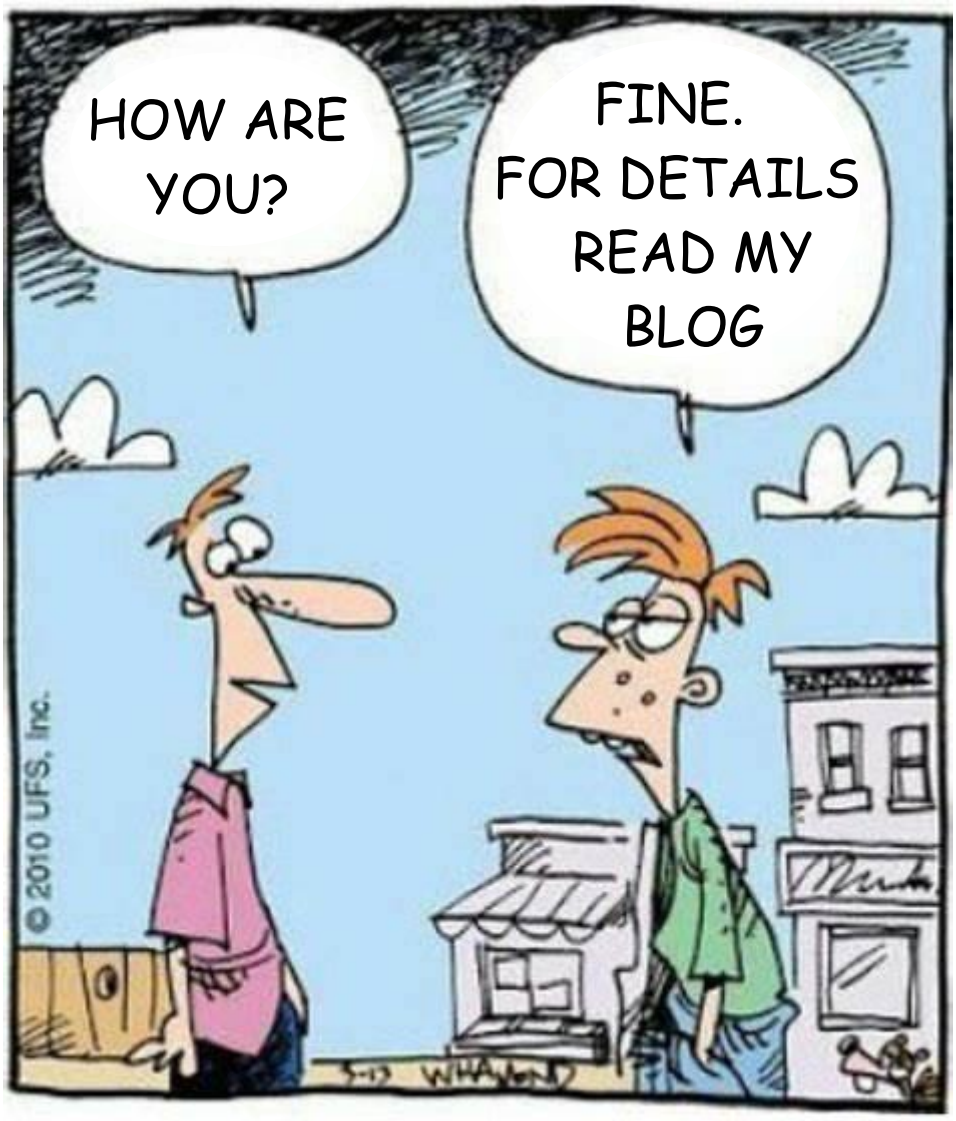
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10 It is important to keep in mind that these pictures are not telling the full story. Photos can be tweaked and photoshopped endlessly. Nonetheless, it is still difficult to see people living extravagant lives.

11 Ultimately, the bottom line is that social media has many pros and cons. It inevitably affects happiness, and all too often, it has a negative impact. Fortunately, there are things you can do to gain control of your social media use. You can limit the amount of time you spend using it. If there's one platform that always leaves you feeling down – consider deleting it. Much of what people flaunt on Instagram is not a true glimpse into reality. It is easy to get drawn into the glitz and glam of a social media lifestyle. Take a prolonged break from social media. Remind yourself of the good things that are happening in your life. Social media can be a blessing and a curse. It is important to remain mindful and not allow it to affect your happiness negatively.

[Adapted from: The Happiness Effect of Social Media — Bart Hatler, MFT, San Francisco, California

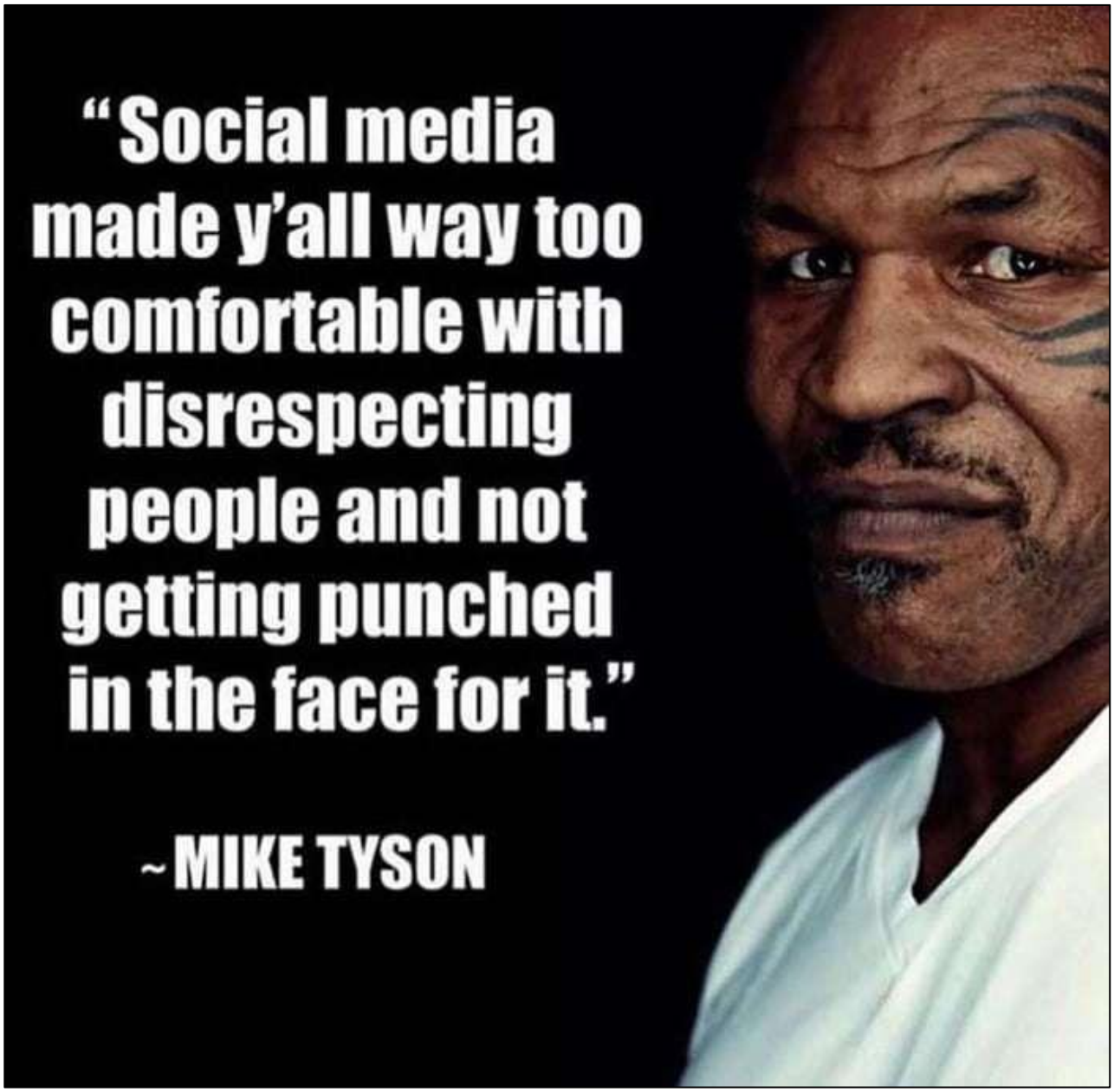
TEXT 2



[<i.pinimg.com/originals/f5/ae/fa/f5aefa6664977b23ee3cebe0ba2b8fce.jpg>]

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TEXT 3



[<hotinsocialmedia.com/wp-content/uploads/2020/08/07.jpg>]

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TEXT 4

TOP TIPS FOR STAYING HAPPY AND HEALTHY ON SOCIAL MEDIA

BY Jana Dermelkonian

Published 18 March 2022

Traditional advice is that when you are overwhelmed, a social media 'detox' can be the only route. However, social media is also a fantastic resource for wellbeing and mindful advice.

Platforms are also stepping up to the plate, with Snapchat releasing a bunch of 'wellbeing' resources, including breathing exercises and a crisis helpline for those truly struggling. As with all things, social media is best consumed in moderation, but it can also be enriching and nourishing, if you know where to look.

Our online connections can sometimes lead us to neglect our offline, real-life connections. As many parts of the world emerge back into 'real life' after extended lockdowns, using your favourite platform to message or arrange a meet-up with family or friends can help keep spirits high and counteract any feelings of isolation.

Certain people or profiles can bring feelings of anxiety, FOMO[2] and insecurity. It is important to remember that social media is a curated space, and you are not alone in this experience. It will do you a world of good to remove that which is giving you unpleasant feelings.

There are negative experiences daily. That has always been the case, though social media can make us aware of this more than ever. Scanning social media obsessively for bad news can quickly lead to anxiety; rather find a cause you are passionate about and that is worth your while.

[Top Tips for Staying Happy and Healthy on Social Media | 1000heads>]

TEXT 5

Aunt Jennifer's Tigers

by Adrienne Rich

Aunt Jennifer's tigers prance across a screen,
Bright topaz denizens of a world of green.
They do not fear the men beneath the tree;
They pace in sleek chivalric certainty.

Aunt Jennifer's fingers fluttering through her wool
Find even the ivory needle hard to pull.
The massive weight of Uncle's wedding band
Sits heavily upon Aunt Jennifer's hand.

When Aunt is dead, her terrified hands will lie
Still ringed with ordeals she was mastered by.
The tigers in the panel that she made
Will go on prancing, proud and unafraid.

[<https://allpoetry.com>]

[2] Fear of missing out.

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TEXT 6

'Hope' is the thing with feathers.
by Emily Dickinson

'Hope' is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –

And sweetest – in the Gale – is heard –
And sore must be the storm –
That could abash the little Bird
That kept so many warm –

I've heard it in the chillest land –
And on the strangest Sea –
Yet – never – in Extremity,
It asked a crumb – of me.

[<https://www.poetryfoundation.org>]

TEXT 7

Technology
by Dimar

In our modern times, with all-over screens,
We're all connected by social media beams.
But family values still hold true,
No matter what we do.

We may be apart, but we stay close at heart,
Through video calls and messages that never part.
Technology brings us closer together,
In spite of the miles, no matter the weather.

Our bonds are strong, they cannot be broken,
No matter how much time we spend on phones, unspoken.
We share our joys, and we share our sorrows,
Because in each other, we find a brighter tomorrow.

So let's embrace the technology we have,
But never forget the love and values we share, the bond we have.
For family is the cornerstone of who we are,
And no amount of tech can change that, no matter how far.

[<allpoetry.com/poems/about/Social-media>]

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TEXT 8

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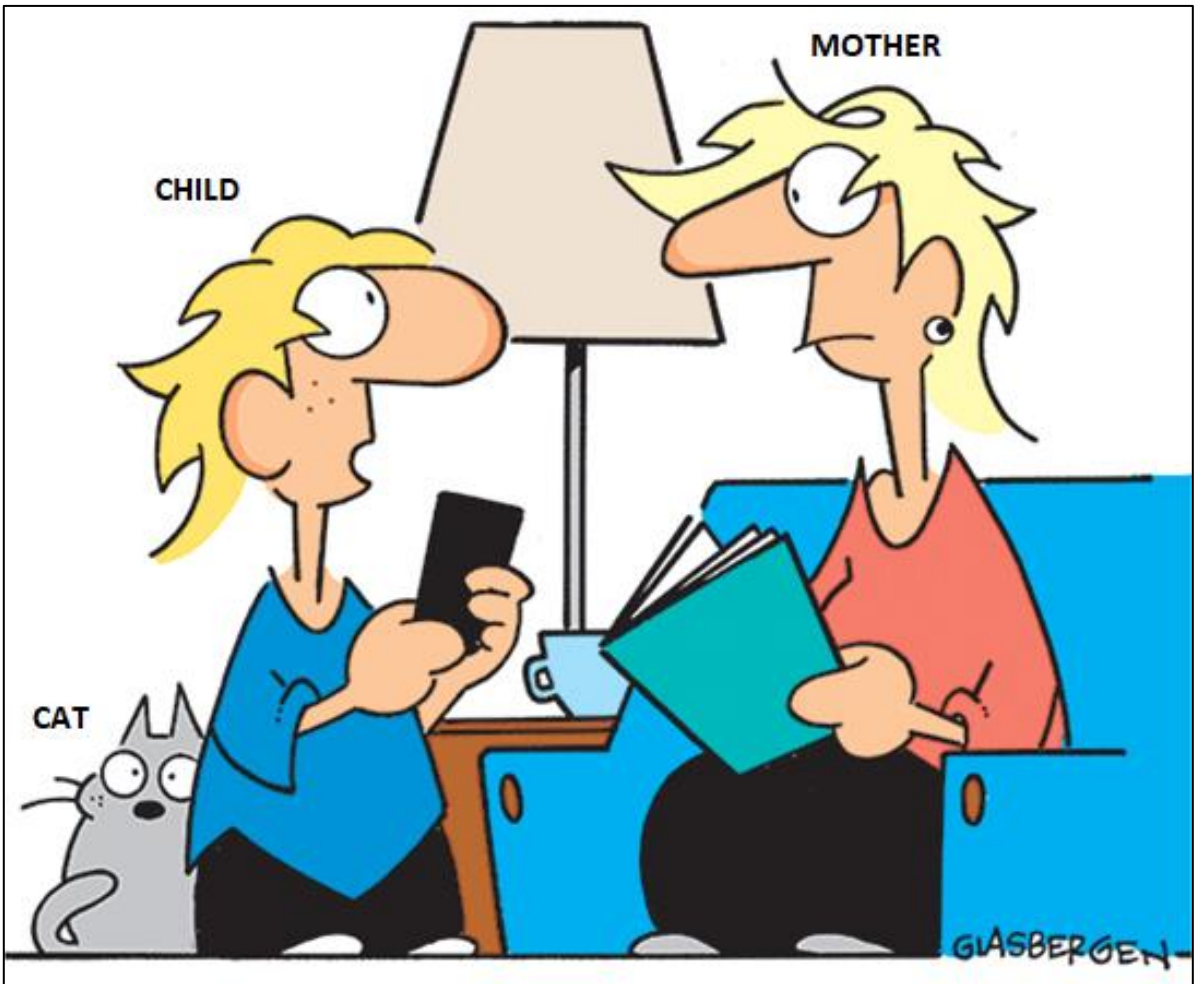


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[<www.elegan.co.uk/eye1/wp-content/uploads/sites/5/2019/12/social-media-poster-480x679.jpg>]

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TEXT 9



'Of course I know how to communicate without a phone. I have an app for that!'

[<glasbergen.b-cdn.net/wp-content/gallery/social-networking/toon-3357.gif>]

TEXT 10

When Hector Mkansi proposed to Nonhlanhla Soldaat while eating a meal at KFC, they never knew the offbeat proposal would lead to their dream wedding. Hector decided to propose to Nonhlanhla at KFC because it was her favorite place to eat.

The special proposal was captured on video by a bystander and posted on Twitter, where KFC South Africa asked its followers to find the couple. The video ended up with 25 000 retweets and people located the couple.

The video were so popular that the fast-food chain paid for the couple's wedding planner. Car companies like Audi offered to provide transportation for the couple on their destination honeymoon and the airlines Kulula and Mango volunteered to pay for their flights.

The pair enjoyed a dream wedding at the end of the year and an all-expenses-paid honeymoon thanks to all the donations from brands, celebrities, and online strangers.

[<www.makeuseof.com/positive-social-media-stories/>]

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