**Social Media Addiction: The Story and Solutions | Dr Christian Heim**

**SUMMARY**

- Smartphones and social media are addictive and contribute to mental illness.

- Excessive screen time leads to decreased empathy, less human interaction, and increased loneliness and depression.

- Taking breaks from smartphones and social media, prioritizing real-life interactions, and engaging in outdoor activities can help improve mental health.

**KEY WORDS VOCABULARY**

reinvent (verb)

to change something completely and make it seem new or different

Example Sentence: Apple is going to reinvent the phone with the release of the iPhone.

addictive (adjective)

causing a strong and harmful need to regularly have or do something

Example Sentence: Smartphones and social media can be highly addictive, leading to excessive use.

overload (noun)

an excessive amount of something that is overwhelming or difficult to manage

Example Sentence: The constant stream of information and entertainment on screens can lead to cognitive overload.

lonelier (adjective)

feeling more alone or isolated from others

Example Sentence: Spending excessive time on screens can make individuals feel lonelier, despite being more connected.

devolution (noun)

the process of gradually deteriorating or declining

Example Sentence: Screen addiction can lead to devolution in our ability to engage with real people and maintain empathy.

**READING COMPREHENSION**

According to the text, what percentage of adults owned a smartphone by 2011?

A) 35%

B) 50%

C) 65%

D) 85%

What is the main concern raised by the author about smartphones and social media?

A) They contribute to mental illness.

B) They lead to addiction to drugs and alcohol.

C) They decrease empathy and human connection.

D) They cause physical health problems.

What does the author suggest as a solution to the negative effects of smartphones and social media?

A) Using smartphones and social media less frequently.

B) Banning smartphones and social media altogether.

C) Prioritizing real-life interactions and relationships.

D) Increasing screen time for entertainment purposes.

1. What are some side effects of smartphone addiction mentioned in the text?

2. According to the text, how has smartphone usage affected young adults' social interactions?

3. What suggestions does the text provide for reducing smartphone addiction?