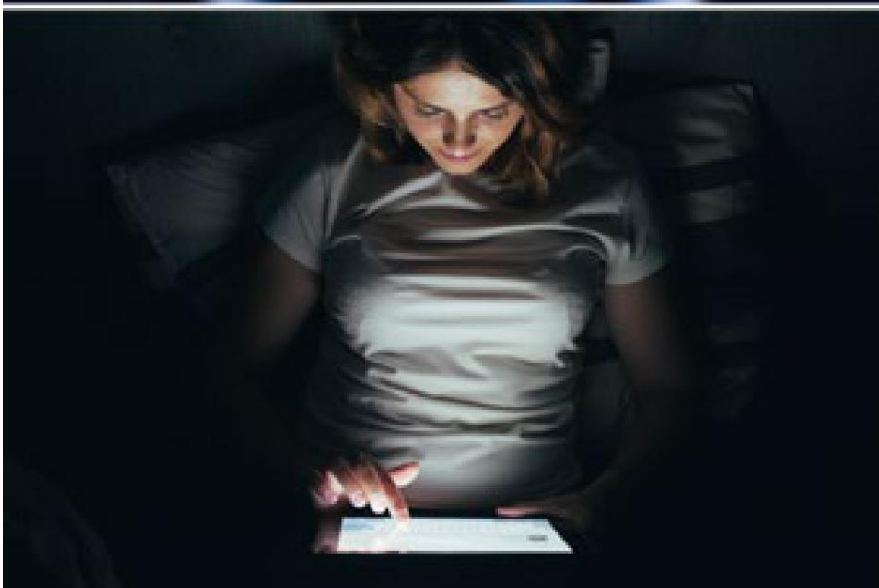
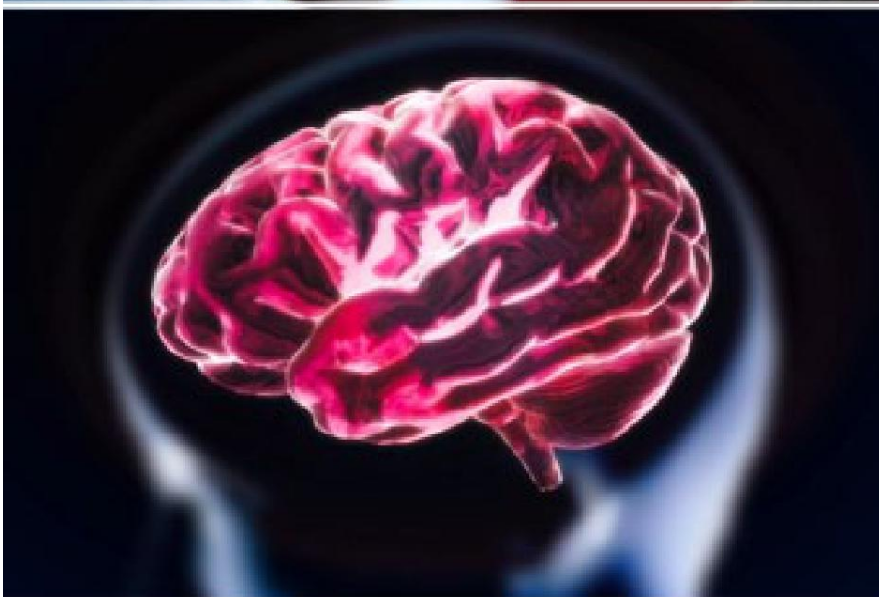




## Internet Addiction



### Overview

These days, many of us are connected online more often than we aren't. Smartphones, smart watches and laptops. Emails, instant messages and alerts. The internet is a part of everyday life. And for some people, it can become an addiction.

### You can't control it

If you are addicted to the internet, it can feel like the online world completely rules your life. You're constantly checking your phone or your computer. You feel the need to, even when you don't want to. You can't control it. Not being online stresses you out. Being online helps you feel normal.

### You withdraw

Internet addiction causes you to withdraw from social activities, because you would rather be online. You may lie to people close to you about how much time you spend online. You may find yourself staying up late into the night so you can connect with online friends. This hurts real-life friendships.

### Getting help

If this sounds like you, you need to recognize that you have a problem. You need to make some changes in your life. Disconnect whenever you can. Work on face-to-face interactions. These are better for your happiness and health. Learn to manage your time so that you have frequent internet breaks. And, you may need to seek counseling. Overcoming internet addiction isn't easy, but with determination, you can do it.

Actor portrayals in photos

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