

CELL PHONE ADDICTION:

— LOOK UP, NOT DOWN —

WHAT IS CELL PHONE ADDICTION?

Cell phone addiction is the excessive use of a smartphone in a way that interferes with daily life. Usually this involves being on social media for hours on end. Cell phone addiction happens because your brain releases dopamine in response to a pleasurable behavior or experience, such as someone liking a photo you posted online.



WHY IS CELL PHONE ADDICTION A PROBLEM?

Common effects or symptoms of cell phone addiction include:

- anxiety
- depression
- lower self-esteem
- body image issues.

Cell phone addiction can lessen your quality of life and even put your physical well-being at risk, causing things like:

- decreased face-to-face social interaction
- loss of interest in non-online activities
- disrupted sleep
- lower grades
- physical danger (ex. walking into traffic while looking at your phone)



WHO IS AT RISK?

Smartphones and their apps are designed to your attention, so anyone who has a cell phone is at risk of developing an addiction to their device.

Young people, especially those under 20, are at the highest risk for cell phone addiction. This is due to both physical and social factors.

Physically, their brains are still developing, making them more vulnerable to addictive behaviors. Socially, teens crave interaction and validation. Apps are designed to encourage users to keep coming back by rewarding engagement with likes, messages, and notifications.

SIGNS OF ADDICTION



- **INCREASED TOLERANCE:** You need more and more time on your phone to create the same feeling.
- **WITHDRAWAL:** You feel anxious when you are away from your phone.
- **MOOD ALTERING:** You use technology to change your mood or state of mind.



HOW TO OVERCOME CELL PHONE ADDICTION

- Remove the apps that you spend the most time on.
- Keep your phone in a different room when you go to sleep at night.
- Change the settings so that you don't receive as many notifications.
- Focus more time and energy on hobbies or activities that do not involve your phone.



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