

How I reduce my social media usage

This is an article of how I reduce my social media usage. I have been using various channels of social media such as Facebook, Instagram, and Tik Tok.

Firstly, I should reduce my social media usage because it is definitely bad for our eyes. Longer screen time leads to our eyes being strained. Sometimes, aimlessly scrolling the social media feed is a complete waste of time.

One of the ways to reduce usage is to have more outdoor hobbies like playing football on the field. Besides, I set a timetable for using the phone. Alternatively, I will let my parents to keep my phone.

When I reduce social media usage, I feel that I can concentrate more on ~~my~~ studies. Furthermore, my eyes are not strained anymore. I also have ~~the~~ ^{more} opportunities to go outside and enjoy the nature.

To put in a nutshell, we should use social media wisely. We all should use it sparingly by allocating only a certain amount of time for screen time. Lastly, instead of just watching nonsensical Youtube videos, we should use social media to spread kindness.

(186 words)