

## How To Deal With Distractions On Social Media

The age of technology has seen social media emerge as a powerful platform to make interactions based on common interests and skills. This has been a blessing as many people use the internet to connect with family, friends, and business contacts regardless of their geographical location. Social media platforms have created a space for people to make instant connections with other people like them, creating virtual communities across the globe.

The internet has made it possible for people of all ethnicities to make instant connections. People have established many businesses on different social media platforms, providing various services that transcend time zones. Livelihoods continue to improve because of the internet. Social media has given people a space to be creative and interactive. Countless videos online keep people entertained, providing a means for many to de-stress from the complexity of life. Motivational material is available to harness human potential and encourage people to go after their dreams.

Social media has brought notable improvements to the quality of human lives.

On the flip side, it can be so overwhelming that one could lose themselves in it. If misunderstood and abused, social media can be a thorn in your flesh. With so many platforms to socialize on, you could do nothing except watch funny videos and like pictures all day. There is nothing wrong with using social media to unwind. In fact, the internet is a hub of information and entertainment necessary in both your personal and business life. We cannot live without it. The challenge comes when you cannot balance your work or studies and the time you spend online. If you are looking to be productive with your day, it is best to avoid the distractions that come with the use of social media.

It is important when using social media to keep focus on who you are and what you stand for. Do not allow it to rob you of your identity or your values. Use it to make the right connections that propel you into the future you want and minimize the distractions that divert or divide your attention from what matters.

### **Too many distractions are bad for you.**

Imagine being a student. Exams are coming up, and you are online doing research. Notifications come in from your favorite content creators. They are introducing the latest dance or fashion trends. You log in on one platform. Just one video will not hurt. While on it, another notification pops up. Before long, an hour has gone by and you are still on different platforms instead of studying. If you allow it to happen often, there is a greater chance of getting poor grades.

Allowing social media to consume you reduces your chances of being productive. It gets you to procrastinate on carrying out critical tasks. You end up missing deadlines, which is not good for any sphere you are in, whether you work for yourself or others.

If it distracts you, you are likely to underperform your tasks. It becomes easier to make costly mistakes. You could end up erring in entering the right data which can cost you your job, your money, or your clients.

### **Make social media work for you.**

The beauty of social media is that you can tailor-make it to suit what you want. You can connect to the right people who can steer you in the direction you want by shaping your online presence. If you are a content creator, seek platforms that push your creativity and put your service or product out there. Follow other establishments similar to you. Get to know your competition. Use the internet to study the market. Do the right research. Focus on finding a niche for what you have to offer and push your brand. Spend less time on pages that do not add value to your life or your endeavors.

### **Steps in dealing with social media distractions.**

***Accept that you need not spend as much time as you do online.*** Many people live in denial of their addiction to social media platforms such as Snapchat, Twitter, or Instagram. It is easy to think you have it under control until it costs you greatly. Admit that you spend too much productive time on platforms that keep you so engaged that you can do nothing else.

***Set limits for social media usage.*** Choose times to go online to scroll through different platforms and have the discipline to go offline when time is up. If you are working online, turn off notifications from coming through your devices, except mediums such as email. Go offline early in the evenings so you can get enough rest. Avoid using social media platforms early in the morning so you can bring focus to your day. Choose other forms of connecting with yourself and your plans, such as prayer, meditation, journaling, or making positive affirmations.

***Schedule your day.*** Make your plan for the day and keep it close so you remember what it is you want to accomplish. Work with timeframes and deadlines that you can post near you for reminders on how essential the task is. This leaves less time for idle internet surfing.

***Take constant breaks from social media.*** You could block out certain applications and websites for a period or go off the internet for a day or two.

***Delete applications that hinder your productivity and progress.*** If a certain app entices you to spend more time than you can afford to spare, you are better off without it.

Where possible, turn off your phone.

You cannot completely avoid social media distractions because emails will always pop up and you will need information found online. The best thing to do is manage your time on the internet and keep track of your use of it. It is possible to avoid distractions and make good and productive use of social media.