Student number:

Examination number:

Social Media

Technology is supposed to enhance and simplify life. To some extent it does, but with the now constant access to every aspect of everyone else's life at your fingertips, technology seems to be complicating human relationships.

The ability of social networking to connect you to people across the globe has gone a long way to expanding the 'global village' effect in the world. This may tie in to the positive aspect of contention that the greater your social network, the more likely you are to succeed, especially in business.

However, digital social networking does not seem to have quite the same effect. Although it can expose you to a wider range of ideas and knowledge, there is a more sinister side to your store of friends.

With online connections, it was found that anger, hostility, loneliness and other negative emotions expressed are likely to transmit to you, meaning that even if you have never met the person in real life, their negative behavior can still influence you.

When talking about your life, you are highly attuned to the fact that hundreds of people will be able to view every thought, photograph, like or dislike your post on social media. We put forward whatever it is we want people to know, and we tend to highlight the good stuff. A few exclamation marks or smiley faces puts a magical spin on whatever event you are chatting about. Whatever way your connections are communicating, the bottom line is that often our achievements become diminished and our failures amplified.

**Slip of the finger**

Now, a message in all caps is construed as someone shouting at you. One misplaced icon or word on Facebook could send your social life spirallling out of control. Some statistics suggest that Facebook has been cited in as many as a third of all divorces in the UK. It is much easier to say something a bit daring when you are not face-to-face with a person and this can lead to a spiral of boundary over-stepping.

More and more employers are checking out potential employee Facebook and Twitter accounts to get a picture of the real person. It was recently reported in a newspaper that loan companies are increasingly checking out borrower's social media profiles to see if they could be considered creditworthy. It was recently reported in a newspaper that loan companies are increasingly checking out borrower's social media profiles to see if they could be considered creditworthy.

**Social media suicide**

Social media is amazing for business opportunities if you run it right. For business, social media can help if you know how to use dashboards, how to network via the web, how to blog and how to use tweets. But, when it comes to your personal life, then that social media is the devil. Founding yourself spending more and more time on various social media platforms, instead of focusing on solid real-life relationships, be aware. That, coupled with the insight that everyone else was also only showing the positive aspects of their lives, tells you to spend more time with your family and friends and in nature, not on the net. As effective as it is to use these social media apps, it does come to a point where you miss the simple life that we used to have without it.

Going green has huge effects on our body, mind, relationships, and the world around us in many ways. Our environment can either increase or reduce stress; hence impact the body. The things we see, experience or hear can change our mood and how our immune, endocrine, and nervous system

function. A stressful environment causes anxiety which in turn elevates blood pressure, muscle tension, and heart rate and going green reverses these impacts. A natural environment is a stress reliever, it heals and makes you feel better emotionally and contributes to your physical wellbeing. It helps us cope with pain. This is because trees, water, plants and other natural elements distract us from pain and discomfort.

While social media is immensely important from a marketing perspective, and can be a great tool for keeping in touch with friends and family, it is wise to be cautious when uploading the details of your life. It is also good to take all the happy-shiny posts with a pinch of salt so you do not end up believing everyone is living a dream life except you. Find your happiness and peace in real relationships, and keep the cyber friends for light relief.

**Did you know?**

Cyber bullying if fast becoming a devastating trend that offer bullies endless opportunities for attack, and victims no relief. In the past, bullied children could at least gain some sense of normality and safety at home, but with the 'always on' nature of social media, there is simply no escape. The relative anonymity of cyber interaction also means that bullying is becoming nastier and more common.

**Be nice to you**

Hike up the mountain

Leave your phone at home and go on a long hike. Choose a safe route and be sure to take your dog with. Nature will answer many of your questions about life and will uplift and soothe you.

Headphones on, world off

Tune out. Wear headphones to tune out distractions. Co-workers and friends are less likely to interrupt if you can't hear them.