

## Caught in the Web

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|-----------------------------------|---------------------|----------------------------|---------------------------------------|
| 1. <b>Desktop (Old computers)</b> | Screen Size Large,  | Screen Time Least,         | Neck Inclination Less – more Vertical |
| <b>Laptop</b>                     | Screen Size Medium, | Screen Time More,          | Neck Inclination More inclined        |
| <b>Mobiles</b>                    | Screen Size Least,  | Screen Time Most (3-7hrs), | Neck Inclination Most inclined        |
- Effects -** 1. Digginess 2. Vertigo 3. Cervical pain-spondilitis starts with age of 15 years. Numbness, suthing pain in arms.  
Breathing problem - 30% less.

**Solution -** Use smart phones smartly. 1. Posture correction - neck aligned with shoulders & mobile screen is about in horozontol of eye. Hands relaxed. 2. Avoid seeing or texting while in motion 3. Use time ie screen time must be less than 20 minutes to 30 minutes. Have a brake of 1-2 minutes with streching. 4. Mobile Vrat for one day weekly / monthly. 5. Don't put all applications on same device. 6. Put notifications OFF. 7. No good morning and night with mobile. 8. Spend some time without mobile daily. 9. Avoid typing for text message, use "voice note" by using "audio to text" facility. 10. Put social media apps in very deep space - place so that we must do effort to start those apps.

### 2. Super computers & algorithms behind the screen to grab our time

1. Collecting socail media data - each and every clicks for attention engineering
2. Attention grabbing algorithms
3. Tracking every movement / clicks
4. Rabbit hole - waisting time
5. Advertising by heros / heroins / brand ambassader
6. Everyone has single aim - **Profit**

**Solution -** Questioning - What & Why? - Avoid extra information and focus on your own goal. Change your habit with replacing it. See the needed / targeted information and close the app. Be clear about your goal.  
**Use smart phone "Smartly".**

### 3. Web addiction – Caught in the Web

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|---|---|
| 1. One type of addiction - being caught in the trap of web  | 2. Symptoms are same as of drug addiction - parents are ignorant.     |
| 3. Pleasure with dissatisfaction. Need more, more and more. | 4. Want to fill unlimited lacking. No satisfaction with virtual game. |
| 5. Release of Dopamine – neuro chemical.                    | 6. No age limited problem. We are living in a virtual world.          |
| 7. Involving with natural activities is important           | 8. Sense of lack and lonlyness is increasing                          |

**Solutions -**

1. Life is gift of GOD.
2. Find real happiness in real life.
3. Make small goals and achieve that which gives real satisfaction.
4. Compare real and virtual successes. From where you get real satisfaction.

#### 4. Lifestyle disorders

1. Youngsters spend 4-5 hours on a smart phone. How to get rid of this addiction.
2. A virtual world where no effort is needed to get desired programme.
3. Attention is being guided by apps (algorithms) and persons behind the apps.
4. Missing deep sleeps. Stop using smart phones one hour before sleep.
5. For good memory, deep sleep is compulsory.
6. Day time focusing on study is reduced due to lack of deep sleep.
7. Root cause is our thought process.
8. Monitor yourself daily. In presence of observer, quality of the work improves. Be aware of what you are doing. Solves 90% problems.
9. Daily diary writing - what we did today and what more to do. Reminding ourselves about web addiction.
10. Main cause with virtual world is "sense of reward" - external validation which releases dopamine.
11. Solution is "mindfulness or awareness" (observing everything around us without judging) with "gratitude".
12. Do physical exercises to release endorphines.

#### 5. Analysing, accepting and solving the problem

1. Youngsters are being trapped into the web of Internet - addiction. Identify & accept that there is a problem.
2. Using tracking algorithms, our brain is being hijacked using super computers & attention technology.
3. Reduction of melatonin due to high screen time (in evening to late night) which affects our circadian rhythm which eventually affects whole life.
4. Melatonin secretion occurs in 10.00PM to 02.00AM which is effected by watching mobile (blue light). A less deep sleep which disturbs whole next day.
5. Constipation, irritability, uneasiness, digestive & nervous system problems. So use smart phone in day time.
6. Better to switch from visual stimulations (video programmes) to auditory stimulations (audio programmes) which is the best way to get into our sub-conscious mind.
7. 10-15 minutes before sleep & after wake up are most important time to reprogramme / rewire our sub-conscious mind. Use audio to reprogramme / rewire our sub-conscious mind.
8. Instant gratification / happiness / pleasure vs long term inspiration - goal. Dopamine creates a loop / seeking / craving / motivation (need more & more) and called as seeking neuro-transmitter.
9. It's digital / virtual / social media world vs real world. Rather than a consumer (trapped in the web) be a provider / creator of services.
10. We are trapped if we are unaware and we are free if we are aware. **Awareness is the key.**
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