

## IN THE MIDDLE:

# While you're on your phone, life is happening

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Drop the phone and get off the computer because life is happening.

Why shouldn't you stay on your phone or get on your computer as much? Do you ever get severely upset sporadically or get feelings of anxiety? I have heard from various studies that if you spend too much



time on the computer or phone you may have a higher chance of developing severe depression and anxiety.

How do you get anxiety or depression just from a bit of screen time? Well, it's a little hard to believe it, but you can get depressed because of

harmful things on the internet. They make you depressed, because these things usually lead to you wishing you looked like them or lived like them. You may also feel bad about things that happen in the news.

You can actually get anxiety from not doing anything while on your phone or computer. Kids get so sucked into their device that they forget to do homework, complete their chores, take care of animals, and they never end up doing that one thing they promised their parents they would do that day.

This happens because we don't realize how much time we are spending on the phone. When we

do look at the time, we are so sucked in that we say things like, "five more minutes". This isn't good. Next time, before you say that, put down the phone or get off the computer and do what you were supposed to do.

Not doing your tasks causes more stress. If you thought that was bad, it can affect your health, too. Studies from the Center for a New American Dream show that being on electronic devices can contribute to obesity and hurt your eyes.

One more thing that's negative about these addictive devices is the effect on us. They can put things in our minds that change us, anger us, and even make us people we aren't. How, you may be asking? Making us feel better than anyone is a really big one. Also, seeing our idols bully bigger people or judge others by looks also makes us think we need to be someone perfect.

Well, news flash, get off the phone and computer more and I bet you will snap out of it and notice no one is perfect. Everyone has at least one flaw.

If electronics are ruling your life, you need to let them go, because they're destroying your life.

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