English 11 Ainsley

March 14, 2019

Blog Log #2: <https://bigthink.com/personal-growth/a-personalized-approach-to-treating-anxiety-and-depression?rebelltitem=1#rebelltitem1>

**Health Problems Due To Technology:**

We as individuals rely on technology for everything, and some of us are so addicted to our phones that we can’t even put them down when our parents or a teacher are talking to us. Being dependent on technology and social media can lead to depression, anxiety and other types of disorders. On social media, people post all these happy, highly edited photos, and it can cause others that view them to get down on themselves because they don’t like what they look like or they are jealous of that person’s life. I enjoy how this article is very insightful and is true. I did not know that Apple had these hidden health care initiatives in some of its products, such as the Apple Watch and Air Pods. I chose this article because I like how it gets the message across that we should not rely on technology and that we should not be on social media as often as we are. As well as I like how it shows the consequences of being dependent on technology, I myself suffer from anxiety and social anxiety.