

# Social media may negatively impact self-esteem

By Jodie Gummow, AlterNet

In this technological age, social media has become a primary gateway to connect with friends and the world around us as part of our daily ritual. Yet what often begins as a harmless virtual habit for some can fast-track into a damaging, narcissism-fueled habit which negatively impacts our self-worth and the way we perceive others.

Studies show that up to two-thirds of people find it hard to relax or sleep after spending time on social networks. Of 298 users, 50 percent said social media made their lives and their self-esteem worse. So just what exactly is it about social media that allows it to affect our self-worth?

According to psychotherapist Sherrie Campbell, social media can give us a false sense of belonging and connecting that is not built on real-life exchanges. This makes it increasingly easy to lose oneself to cyberspace connections and give them more weight than they deserve.

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