

## LIFESTYLE ADDICTION: STRUGGLE OF MIND WITH VIRTUAL WORLD

It's not an unknown term but yes commonly seen and new in the current situation. So; what is lifestyle addiction? Nowadays we see people sticking to social media ; flaunting on social media and trying to make themselves a statement on social media ... that is lifestyle addiction...

Especially kids nowadays try to underline their image “ social image “ through this social media. How they appear on their Instagram; snapchat is very important to them. They choose friends to follow trends to make themselves famous and known. Everyone wants to be a trendsetter. But what's the reality; is everything seen, shown and followed is real? Is it a reality? How can everyone live such a lavish, happy and satisfied life? Are they really happy?

Major struggles faced by these people in lifestyle addiction is...

- A) having happy face ... show smile; happiness always
- B) showing luxury... it has to be branded ; high profiled and 5 star always..
- C) having followers... known or unknown.. more followers more famous you are
- D) trend setter... constant pressure of being unique and different...
- E) perfect life..... it's a struggle of showing a perfect and happy life...

In all these struggles we are struggling with the dilemma of real and unreal friends; can't cry and majorly can't express the real feelings and conflicts. Most of the population is also struggling with depression; anxiety and a lot of personality disorder in this conflict. Lot of them are unaware ; insecure and happy faces are struggling inside. Depression; anxiety is more than staying quiet. It's more than crying. It's more than staying alone.

The people looking happy in a five minute feed can also be lonely and sad for the rest of the time. So for the same reason it's important to have few real friends and more followers; someone to talk to rather than someone just to make a feed. We already know our talents and strengths make them real and more than just a feed. Accept your conflict; accept your bad side .. talk out and accept the real you... because real you is far more beautiful than virtual you!!!

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