

Did you know that according to a recent study, in one lifetime the average human spends over five and a half years on social media? That's five and a half years of double tapping through your Instagram feed, retweeting relatable tweets, and tapping through Snapchat stories. In fact, you were probably looking at one screen or another within the last hour or so. There is no doubt that social media is an extremely significant part of our daily lives. We've become nearly reliant on it.

*"Every time I am on my phone, I have to go on [Instagram]...social media is not reality, but it definitely influences how we think."
-Padmaja Kothari*

So often we seek the Instagram app on our phones simply out of boredom. It's almost an instinctive motion, isn't it- scrolling through other people's posts, curious to the everyday lives of friends and celebrities. But, when you even consider to post a picture of your own, do you ever cross yourself worrying about how the colours in the photo will match or clash with your existing feed, ensuring that only the photos that consist of a specific shade of white will appear on your Instagram page? Or, have you ever felt concerned with how your arms look from an unflattering angle, thus spending a generous amount of time meticulously manipulating, smoothing, and blending the photo just so that your arm may appear more "attractive"? It's easy to become engulfed into this cycle of thinking, a constant obsessiveness over achieving "perfection", and it becomes all the more difficult to resist comparing oneself to others when you are constantly exposed to these carefully curated images, each only a projection of one's life. It's easy then, to mistake what appears on social media as reality.

The core of what makes social media so effective is the fact that this intangible thing that is such a huge part of our modern society centers around satisfying the voice inside our heads, screaming "me, me, me!" Even when we're not on social media, our mind still dwells on it.



Lest we forget the beauty in humility and rekindle the love of compassion. Look up from your screens and fix your eyes on the world in need.



OR FEED THE HUNGRY

And they cry, wail, and call OUT, yet still we do not listen. How confounding is it that- not continents away, but within no more than a mile- there are people that live in a perpetual cycle of suffering. When even finding a safe place to sleep is a near impossible mission, and food to eat is hardly guaranteed. Even despite their desperate cry for help, because we turn away from the impoverished and rather, turn inwardly to satisfy our incessant desire for self attention, those truly in need remain forever silent.

Lest we forget the virtue of humility and compassion. Cast away in the midst of selfish desires, in today's society it is not uncommon to feel obliged to seek pleasure through means of self acclamation and approval, thus using social media as a form of attaining such desires.

