

## **Don't let your facebook get you down**

Consultant: [Dr Richard Graham](#)

Sunday Mirror, 8<sup>th</sup> May 2011, Octavia Walker

[Dr Richard Graham](#), Consultant Psychiatrist at Capio Nightingale Hospital shares some expert advice on how cutting down on your facebook usage can help you to keep an online/offline real life balance.

Research and surveys have proven that using facebook leads users to an emotionally imbalanced and [stressful](#) life. Cutting down on facebook usage can bring the harmony back into your life. [Dr. Richard Graham](#) who is an expert in [Technology Addiction](#) states that the impact of constant streams of information (alerts, pictures, messages) on our neurology is stressful. In a survey it has been found that facebook users suffer from:

- [Stress](#)
- [Anxiety](#)
- [Difficulty sleeping](#)
- Difficulty concentrating
- Emotional imbalance such as guilt, discomfort and lack of self-control

Engaging your body and mind in meaningful activity can help you to divert your obsession towards social networking sites. [Dr Richard Graham](#) gives six useful tips, please read more.

### **Further Information**

[Young person technology addiction](#)

[Depression](#)

[Stress](#)

[Anxiety](#)

[Relaxation Therapy](#)

[Wellbeing Programme](#)