
Topic: The influence of social media on our health:

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It influence our mental health in several ways such as we are following fashion trends what we see in different platforms of social media it creates an illusion of perfect life and everyone want to be live the perfect life according to social media platforms wearing trendy outfits even it does not look good on us but we are wasting our resources in the form of money ,Time and energy. That we could spent on our work ,studies or any other good thing but we want to spent on trendy decor ,outfit, and food some people can afford these activities and some can not that is the reason we are going to be depressed bearing extra burden feeling frustrated all the time

Because we want to show that “we are perfect” . We are wasting our time on scrolling and

searching Time is the blessing and everything has the opportunity cost but we forgot all of these things we are sacrificing our physical and mental health and becoming a “couch potato” instead of enhancing productivity we are happy with procrastination and time wasting. we are showing our blessing to someone and they are getting jealous. It is also an impact on other mental health unfortunately we are the reason of someone's pain furthermore we are losing our gratitude and our faith.