

Is escaping digital world really worth it?

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One week and two days doesn't seem like a long time, but it feels like it's been months since I've logged into my social media accounts. Last Sunday I randomly had the thought "What if I got rid of all of this stuff?" and before I knew it I had already impulsively hit the delete button on not one, not two, not three but four social media accounts I had on my phone. I immediately felt a little regret, but I pushed it aside. It wasn't but 15 minutes before I picked my phone up and tapped the space Instagram was, now empty. "Okay," I thought. "I'll just do something else."

That moment has become constant *deja-vu*; every time I reach for my phone I have to remind

myself that I no longer have my online life.

This all sounds negative, but giving up social media has been the most enlightening thing that I've ever done.

I woke up for school the next day, pulled my hair back to brush my teeth and wash my face. Afterwards, I sat on my sink, just staring at the floor. I was already finished getting ready. Usually I'd take this time to scroll through

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Facebook or Twitter

to entertain myself. I felt so bored. I grabbed my bottle of face wash and tossed it back and forth in my hands, and I noticed the colored rectangle on the back next to the ingredients. I grabbed my toothpaste, then my lotion and noticed they both had the rectangle too. I grabbed my phone and Googled why. Ten minutes of fascination and curiosity came to an end as I set my phone down and just thought "cool." I found

out that the color-coded rectangles represent the types of chemicals inside a product. Maybe this knowledge is useless, but it's no more useless than my being sucked into the digital world and gaining nothing. For the rest of the day, I had a "Did you know?" fact. I felt satisfied on my way to school.

Without social media, my phone battery has stayed high, and so has my happiness. Escaping the online drama and negativity has been the best thing for me, at least now in my life. I've read more, written more, taken more walks, learned new information and, most importantly, loved my own company. I may not stay away from social media forever, but I'm glad I am for now. I have realized I don't need anyone's "like" but my own.