

WEB-ADDICTION



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Don't waste the time you Boost Temperance

won't be able to catch up on the screens!

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What is the addiction?

- * Addiction is feeling compelled to stay on something and not being able to part with it.
- * In this case, web addiction is being addicted to screens and ~~to~~ the Internet.
- * It can cause social unrest and other disorders that can become more serious.

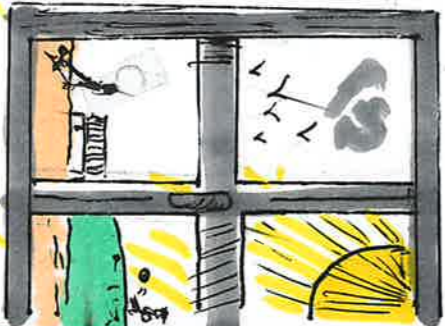
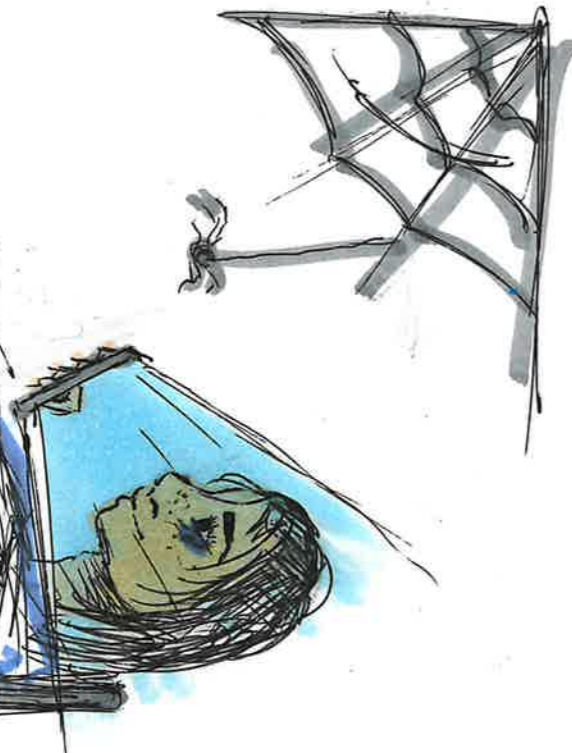
#NoScreens



A few tips to avoid it

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- You should try to do more manual activities. (examples: to design, timber, ...)
- You had better ~~past~~ ^{spend} more time with your family.
- You ought to go for a walk more often.
- Maybe you should go and adopt a pet to get away from screens and feel less alone.
- You should talk to someone about your web addiction and if needed ask for help.



#NoScreens