



## **How to deal with Internet and Technology Addiction?**

Internet/Technology addiction is defined as a behavioral addiction where a person suffers from an urge to use internet or technology. A person who develops an unhealthy dependence on using the Internet or technology as a coping mechanism for life's pressures is said to have an internet/technology addiction.

### **Signs of Internet/Technology addiction**

- Preoccupation with using internet/technology
- Distress when one is prohibited from using internet/technology
- Loss of interest in other hobbies
- Social withdrawal
- Excessive use despite problems with use of internet/technology
- Inability to stop using internet/technology even when one wants to
- Jeopardized relationships or job opportunities






## Ways to Overcome Internet and Technology addiction

- **Acceptance** – Stop denial. Acknowledge that you have a problem. This is the first step in solving any kind of problem.
- **Limiting the use of the Internet** - Limiting the time used in an online session step by step.
- **Socialize** – Replace internet/technology use with friends and family. Invest time on maintaining a real-life relationship than an internet relationship.
- **Avoidance** - Avoid any specific problematic apps, and websites. Use internet/technology only when there is a reason.
- **Don't go on auto-pilot mode** – Avoid picking up gadgets unless there is a requirement. Don't go on auto-pilot mode.
- **Detox day** – Have one day a week as your detox day when you will keep yourself away from internet and technology, and move close to nature.
- **Find a support group** - Support groups can provide support, advice, and resources for Internet addiction.
- **Learn emotion regulation** – Identify and reduce triggers that lead to negative emotions, avoid those triggers, and look for positive emotions. Seek professional help if you have difficulty in emotion regulation.
- **Hobbies** - Develop other interests by joining clubs, events, and exercise to raise dopamine levels.
- **Practice mindfulness** – Be aware of the sensing and feeling in the present moment.

Seek help from a counsellor who can help in developing a plan of action to reduce internet addiction.



**For scheduling an appointment with a counsellor at  
Bharathiar Counselling Centre,  
call 0422-2428465 or email [bcc@buc.edu.in](mailto:bcc@buc.edu.in)**