

Should I Delete Social Media?

+ PROS (ADVANTAGES)

1. More time for meaningful activities
2. Fewer distractions during the day
3. Less comparison with other people
4. Better privacy and data control
5. Improved sleep and evening routines
6. Lower exposure to stressful content
7. More present in-person relationships
8. Fewer impulse purchases from ads
9. Less misinformation and online conflict
10. Greater control over personal attention

- CONS (DISADVANTAGES)

1. Missing updates from friends and family
2. Losing access to online communities
3. Fewer professional networking opportunities
4. Harder to discover local events
5. Less exposure for creative or business work
6. Missing useful recommendations and ideas
7. Some group messages may be inaccessible
8. Rebuilding an audience later may be difficult
9. Feeling disconnected from shared conversations
10. New habits are needed to fill the extra time

CONCLUSION / FINAL DECISION

Try a 30-day deactivation first, export important data, keep one direct way for people to reach you, and review how your time and mood change.