

ARE YOU ADDICTED TO YOUR MOBILE PHONE?

Here are some warning signs:

Constantly checking your phone for no reason



You feel anxious or uneasy if you think your phone is missing



You avoid social interaction to spend time on your phone



Waking up in the middle of the night to check your phone



Your academic or work performance has deteriorated



You are easily distracted by emails or smart apps

How to overcome Nomophobia?



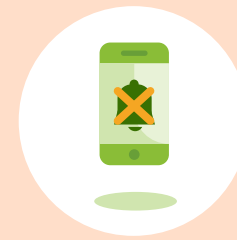
Recognise that you have an addiction



Try to leave your home without your mobile phone.



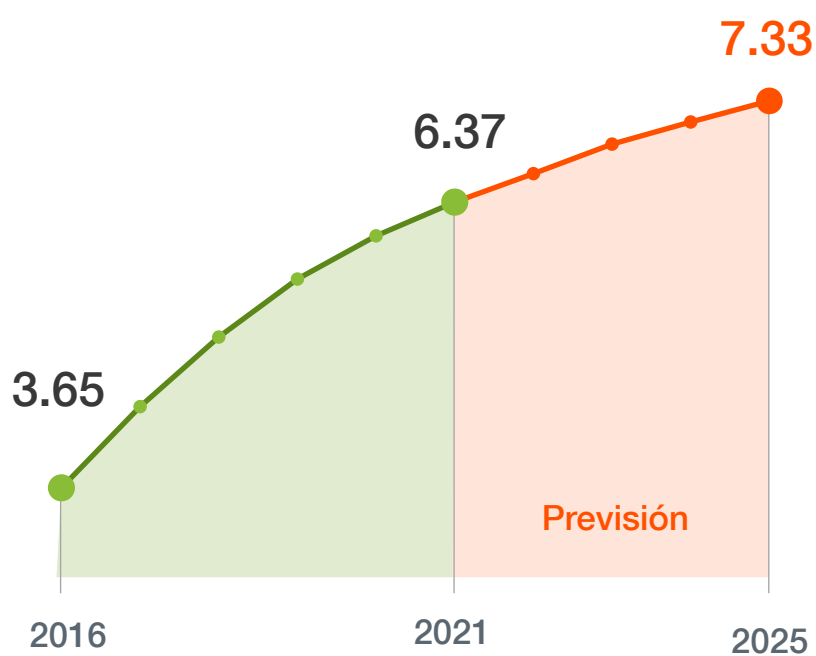
Restrict some hours of use



Silence notifications

Number of smartphones in the world today

Billions



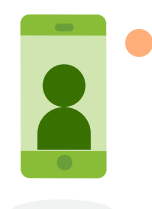
6.37

billions of smartphones in the world



80.7%

of people have smartphones in the world



89.9%

of people have mobile phones

Sources: bbc.com, diariosur.com