



**Dr. Michelle Post**

**Make the Internet Your Servant, Not Your Master**

# *Lessons to Learn*

- ✓ *Internet Statistics*
- ✓ *Signs of Addiction*
- ✓ *Health Issues*
- ✓ *Success Strategies*
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## Internet Statistics

Today, 85% of men and **84% of women** report being internet users.

By 2017, there will be more internet traffic than all prior internet years combined

Wi-Fi and mobile-connected devices will generate 68% of all internet traffic by 2017.

Internet addiction is a psychological disorder that causes people to spend so much time on a computer that it affects their health, job, finances, or relationships. (Carson-DeWitt, 2015)

According to this latest research, people in the U.S. check their Facebook, Twitter, and other social media accounts a staggering 17 times a day, meaning at least once every waking hour, if not more. (**4.7 hours a day**)

Mobile media time in the U.S. has exceeded desktop, with mobile media time estimated to be 51% while desktop media time is estimated to be 42%.

Nomophobia is the fear of being out of mobile phone contact



## Signs of Addiction

You can't go without the internet for an extended period of time

You lose track of time online

You forget to eat or you eat too much

You can't fall asleep without a screen nearby

You pass on opportunities for social interaction to surf the internet

Declining health

You can't go anywhere without technology

You plan things around internet availability

You have internet on multiple devices

Separation from technology causes anxiety

Sleeping with your phone next to you

Checking mail, apps, texts becomes an obsession



## Health Issues

Strained Vision

Posture Issues

Carpal Tunnel

Fatigue

Stress

Headaches

Anxiety

Depression

Focus issues

Diminishing your ability to concentrate and think deeply or creatively

Disrupted sleep





# How to change?

## Tools & Tips

- RescueTime - <https://www.rescuetime.com/>
- FocalFilter - <http://www.focalfilter.com/>
- Toggl - <https://toggl.com/>
- SelfControl - <https://selfcontrolapp.com/>
- LeechBlocker - Mozilla Addon
- StayFocused - [Chrome Extension](#)
- WasteNoTime - [Chrome Extension](#)
- ColdTurkey - <https://getcoldturkey.com/>
- Productivity Owl - <http://www.productivityowl.com/>
- Check email once in the morning & then again in the afternoon
- Create “technology-free” zones
- Use apps to monitor and limit your use
- Do not bring technology to meals or meetings
- Don't be an distraction magnet
- Stop random email checks
- Remove social media from mobile devices
- Have a plan and work it
- Use time management techniques
- Don't multitask, it is a lie
- Set no excuses deadlines
- Turn off technology at a certain time every night
- Plan your internet usage



Dr. Michelle Post is a driven, passionate, and experienced leader, teacher, social media strategist, connector, and national and international speaker. Her desire to connect and inspire throughout more than three decades of career translates into her ongoing effort to help the development of ideas, people, content, and learning.

Dr. Post is Founder / CEO of The Post Institute: Center for Life-Long Learning. She offers coaching, consulting, teaching, training, and speaking on subjects, as diverse as social media, leadership, generations in the workplace, and technology in education.

Dr. Post has appeared on *Colorado's Best Morning Show* and has presented at the Autonomous Learning World Caucus at Wolfson College, University of Oxford, England. Dr. Post is also a Fellow of the Beta Phi Scholarly Society at Exeter College, University of Oxford, England. Dr. Post is the author of six books and the contributor to four more. For more than 10-years, Dr. Post has written a faith-based, inspirational blog.



**The Post Institute**  
Center for Life-Long Learning

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