Enjoy Life More: Use Facebook Less

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Pacific Standard:

Feeling down? New research from Austria points to a drug-free, no-cost treatment that may very well help: Stop spending so much time on Facebook.

In a recently published study, psychologists Christina Sagioglou and Tobias Greitemeyer of the University of Innsbruck report people "expect to feel better after using Facebook, whereas in fact, they feel worse."

Their evidence suggests it's not Internet browsing in general, but specifically social media use that brings people down. It also points to a likely reason: The nagging feeling that you've been wasting time.

Read the whole story: *Pacific Standard*