

On Unhealthy Social Media Use / If Epicurus Were Alive Today, Would He Use A Smartphone?

Post by “Matt” of January 13, 2021 at 11:40 AM

On the subject of healthy social media usage and interaction for Epicureans living in modern times.

How should an Epicurean living in modern times “behave” while interacting with these new technological advances and media platforms? And how should we react to the unhealthy behavior of others?

We see (in the US) that there is a “political” situation going on, but my personal contention is that it is NOT entirely “a black and white” political issue, but rather an unprecedented mental health issue that is on a grand scale. Not only in the US, but worldwide. It could be theorized that much of the turbulence is due to the unhealthy usage of social media for the last 20 years or so. As it has evolved without much regulation to keep things from getting out of control from those who created the platforms.

We see so many people so fixated on certain narratives, many of which are unsubstantiated, that we must wonder had they not been addicted to the social media feedback loops and echo chambers, would they be seizing their own pleasure now? Doing pleasurable activities of their choosing?

As opposed to miserably spending an inordinate amount of time getting worked up over other people’s agendas, conspiracies, fiery rhetoric etc. reposting and promulgating false claims and hoaxes. Feeding a monstrous machine of confusion.

Many of us having family and friends who are now smack in the middle of this behavior, may now believe it is time to seriously address the issue at hand: Unhealthy social media usage.

Perhaps a bit of serious parrhesia for the overall health of our society at large? Because we are all feeling the effects of other people’s obsessions now and it’s causing disruption to our happiness not only online...but offline.