

Internet Addiction also called Compulsive Internet Use (CIU) has subtly gained grounds in our tech-driven society. Everyday, millions, if not billions of youths are hooked up to the internet at the detriment of their social obligations and real life relationships.

A study has revealed that not only youths but people who are successful in their careers are engage in compulsive internet use, and are at increasing risk of anxiety, depression and isolation as they obsessively log in in out-of-office hours.

The results came as a surprise to the researchers, who assumed it would be young people and the unemployed who were most at risk from internet addiction.

However, we can place a safe limit to our usage of the Internet.

Here are the five tips to maintain a healthy online life;

1. Schedule your internet time
2. Accept that not every email can be answered
3. Disable unnecessary notifications
4. Engage in other fun activities
5. Remember: it's only the internet, not every thing you see is real, including people.