



LOST BALANCE IN DIGITAL CHASE

ALVA JOY CASTILLO ANILA
TEACHER I

Pantalan Senior High School
alvha0524@gmail.com

In screens we scroll, endlessly,
Through filtered worlds we choose to see.
Likes and shares, they influence our day,
But despite smiles, hearts may fray.

Comparison causes a hidden ache,
As we determine worth by likes we take.
Each post a bid for validation,
Fueling fears of isolation.

Cyber language can wound so deep,
In pixels, pain begins to creep.
Behind bright screens, tears may fall,
Lonely hearts unseen by all.

Break free from life's embrace,
As virtual environments take their place.
Desiring for more like and share,
While real connection fades to care.

Editorial Team

Editor-in-Chief: Alvin B. Punongbayan

Associate Editor: Andro M. Bautista

Managing Editor: Raymart O. Basco

Web Editor: Nikko C. Panotes

Manuscript Editors / Reviewers:

Chin Wen Cong, Christopher DC. Francisco, Camille P. Alicaway, Pinky Jane A. Perez,
Mary Jane B. Custodio, Irene H. Andino, Mark-Jhon R. Prestoza, Ma. Rhoda E. Panganiban, Rjay C. Calaguas,
Mario A. Cudiamat, Jesson L. Hero, Albert Bulawat, Cris T. Zita, Allan M. Manaloto, Jerico N. Mendoza

INSTABRIGHT e-GAZETTE

ISSN: 2704-3010

Volume V, Issue IV

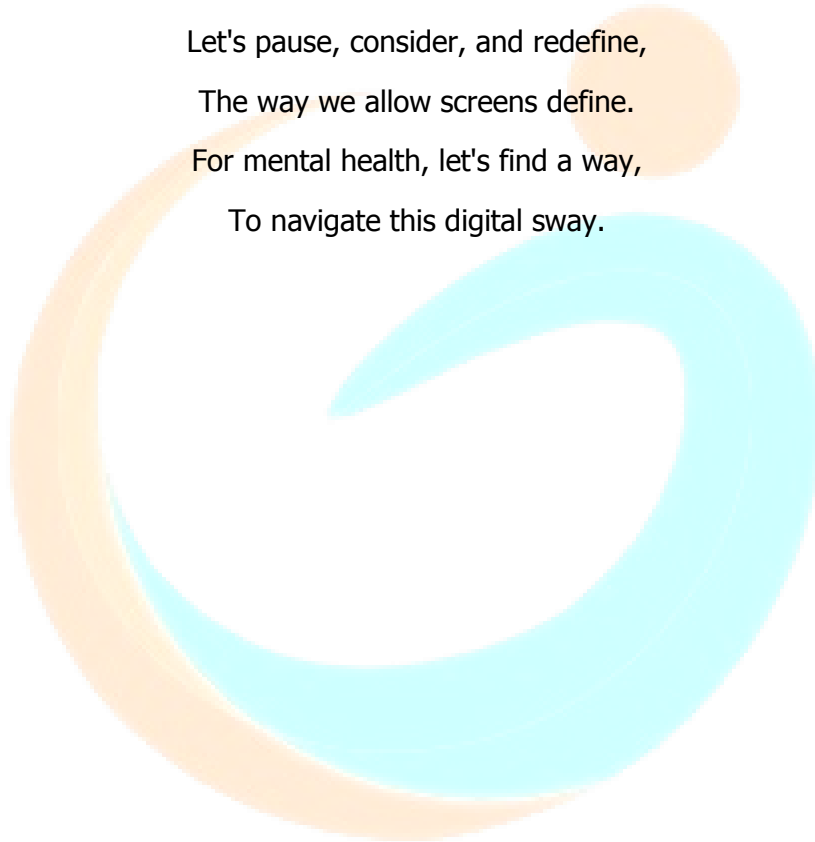
May 2024

Available online at <https://www.instabrightgazette.com>



In the glow of screens, we lose sight,
Of laughter, touch, and shared sunlight.
Lost balance in the digital chase,
Looking for comfort in a fleeting embrace.

Let's pause, consider, and redefine,
The way we allow screens define.
For mental health, let's find a way,
To navigate this digital sway.



Editorial Team

Editor-in-Chief: Alvin B. Punongbayan

Associate Editor: Andro M. Bautista

Managing Editor: Raymart O. Basco

Web Editor: Nikko C. Panotes

Manuscript Editors / Reviewers:

Chin Wen Cong, Christopher DC. Francisco, Camille P. Alicaway, Pinky Jane A. Perez,
Mary Jane B. Custodio, Irene H. Andino, Mark-Jhon R. Prestoza, Ma. Rhoda E. Panganiban, Rjay C. Calaguas,
Mario A. Cudiamat, Jesson L. Hero, Albert Bulawat, Cris T. Zita, Allan M. Manaloto, Jerico N. Mendoza
