

Here's to You!

Tips for your good health provided by your district

January 2019

Social media use linked to depression

New study shows risk of depression and loneliness increases with higher use

People devote an enormous amount of time each day to social media activities. "Astonishingly, the average person will spend nearly two hours (approximately 116 minutes) on social media every day, which translates to a total of 5 years and 4 months spent over a lifetime." (*Social Media Today* <http://bit.ly/2St5xyy>)

Even worse, teens spend up to nine hours each day on social platforms. And social use among all groups is expected to grow as platforms develop.

A recent study by researchers at the University of Pennsylvania measured the effects of social media use on mental health. The study subjects were graduate students who were instructed to limit their social media activity on all platforms to



30 minutes per day and self-assess their mental health across seven areas: fear of missing out (FOMO), loneliness, autonomy, self-acceptance, anxiety, depression and self-esteem.

The study found that limiting one's social media usage to 30 minutes per day can lead to significant improvements in well-being.

Specifically, less time on social media can lower rates of depression and loneliness.

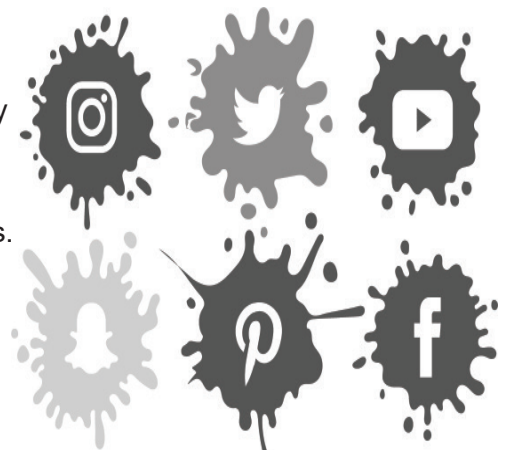
The study is one of the first to identify the effects of social media use and mental health issues. <https://read.bi/2FZPuHo>

Social media addiction is real. Should you detox?

If you can't remember the last time you went a whole day without checking social media, you may be addicted, and your mental health may be suffering for it. Consider a detox.

Experts suggest a break of about three months to allow dopamine levels — the reward-seeking chemical in your brain — to return to normal levels. The detox could include cutting off social media access completely, or setting time limits for restricted use.

Consider deactivating accounts, uninstalling social media apps, blocking social media sites and, perhaps most importantly, replacing social media with another activity that fills that now open schedule.



Read more information about social media addiction: www.makeuseof.com/tag/social-media-detox

Get informed: Cancer fact sheets for all of your questions



The National Cancer Institute has a library of cancer fact sheets that answer common questions about more than 70 topics in cancer, including specific cancer types, prevention, detection, treatment, and possible causes. The fact sheets are available in English and Spanish. They are updated and revised based on the latest cancer research.

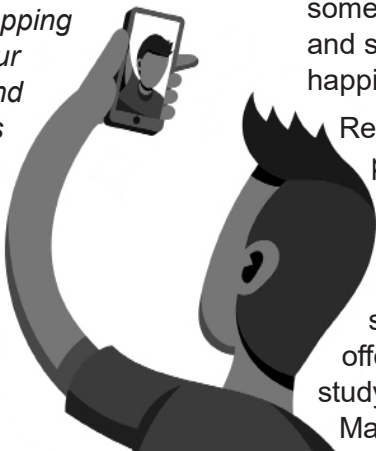
www.cancer.gov/publications/fact-sheets

In moderation, selfies can increase happiness

In the midst of warnings about risks to mental health from overuse of social media, a benefit has been found: Selfies can lead to happiness.

A 2016 study by the University of California at Irvine found positive advantages from the obsessive practice that is dominated by teens.

“Regularly snapping selfies with your smartphone and sharing photos with your friends can help make you a happier person, according to computer scientists. In a



first-of-its-kind study published just before back-to-school season, the authors found that students can combat the blues with some simple, deliberate actions on their mobile devices.”

The study was the first of its kind and relied on daily taking and sharing of photos of the subjects smiling, engaged in something that made them happy and something that would bring happiness to another person.

Researchers found that these photo exercises could help combat depression and manage stressful situations.

“I think this study shows that sometimes our gadgets can offer benefits to users,” said study author, Professor Gloria Mark. <http://bit.ly/2Pm2Qgu>



Do you suffer from anxiety or depression?

Could you benefit from treatment for depression or anxiety? Probably. Depression is a common disorder that is treatable and often goes undiagnosed. Consider the following statistics from the Anxiety and Depression Association of America:

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.

Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.

People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.

Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

Find more information on the Anxiety and Depression Association of America website: <https://adaa.org/about-adaa/press-room/facts-statistics>