Social Media and Your Health

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A guest post today.

The lovely people at Fix.com have shared their text and infographic on the effects of social media on your health. Like all good things, 'in moderation' is usually best.

We all love social media. From Facebook check-ins to Instagram and Pinterest, there's always a way to connect with others. But could it actually be dangerous for your health? http://www.fix.com/blog/is-social-media-bad-for-your-health-infographic/ has created an infographic entitled "Is Social Media Bad for Your Health" giving you a few statistics that may sway you in the direction of un-plugging from social media now and then.

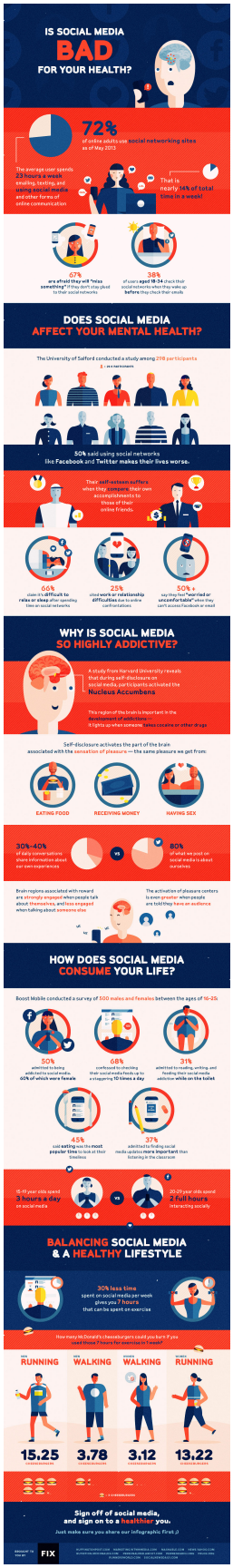
As of May 2013, 72 percent of adults use social media. The average user spends 23 hours a week emailing, texting, using social media, and other forms of online communication. Add that all up, and that's 14 percent of a normal week.

In a recent study, 50 percent of 298 students said social media makes their lives worse. 66 percent claim it's difficult to relax or sleep after viewing social network sites. This isn't surprising, since the same part of our brain that's associated with addiction is activated when we self-disclose on social media.

In another study by Boost Mobile, 50 percent of users admitted to being addicted to social media. 68 percent confessed to checking their social media feeds up to ten times a day, and 37 percent would rather be cruising social networking sites than paying attention in class.

It all boils down to moderation. If you spend 30 percent less time on social media, you'll gain 7 hours of your week. So sign off social media once in a while, and sign on to a healthier you!

Feel free to like, comment, and share this infographic from http://www.fix.com/blog/is-social-media-bad-for-your-health-infographic/ entitled "Is Social Media Bad for Your Health?"


IS SOCIAL MEDIA
BAD
FOR YOUR HEALTH?
72%
of online adults use social networking sites as of May 2013
The average user spends 23 hours a week emailing, texting, and using social media and other forms of online communication
That is nearly 14% of total time in a week!
67%
are afraid they will "miss something" if they don't stay glued to their social networks
38%
of users aged 18-34 check their social networks when they wake up before they check their emails
DOES SOCIAL MEDIA
AFFECT YOUR MENTAL HEALTH?
The University of Salford conducted a study among 298 participants
50% said using social networks like Facebook and Twitter makes their lives worse.
Their self-esteem suffers when they compare their own accomplishments to those of their online friends.
66%
claim it's difficult to relax or sleep after spending time on social networks
25%
cited work or relationship difficulties due to online confrontations
50% +
say they feel "worried or uncomfortable" when they can't access Facebook or email
WHY IS SOCIAL MEDIA
SO HIGHLY ADDICTIVE?
A study from Harvard University reveals that during self-disclosure on social media, participants activated the
Nucleus Accumbens
This region of the brain is important in the development of addiction.
It lights up when someone takes cocaine or other drugs
Self-disclosure activates the part of the brain associated with the sensation of pleasure — the same pleasure we get from:
EATING FOOD
RECEIVING MONEY
HAVING SEX
30%-40%
of daily conversations share information about our own experiences
VS
80%
of what we post on social media is about ourselves
Brain regions associated with reward are strongly engaged when people talk about themselves, and less engaged when talking about someone else
The activation of pleasure centers is even greater when people are told they have an audience
HOW DOES SOCIAL MEDIA
CONSUME YOUR LIFE?
Boost Mobile conducted a survey of 500 males and females between the ages of 16-25.
50%
admitted to being addicted to social media. 60% of which were female
68%
confessed to checking their social media feeds up to a staggering 10 times a day
31%
admitted to reading, writing, and feeding their social media addiction while on the toilet
45%
said eating was the most popular time to look at their newsfeed
37%
admitted to finding social media updates more important than listening in the classroom
15-19 year olds spend 3 hour a a day on social media
VS
20-29 year olds spend 2 full hours interacting socially
BALANCING SOCIAL MEDIA
& A HEALTHY LIFESTYLE
30% less time
spent on social media per week gives you 7 hours that can be spent on exercise
How many McDonald's cheeseburgers could you burn if you used those 7 hours for exercise in 1 week?
MEN
RUNNING
WOMEN
WALKING
MEN
WALKING
WOMEN
RUNNING
15.25
3.78
3.12
13.22
Sign off of social media,
and sign on to a healthier you.
Just make sure you share our Infographic First! ☺
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