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December 5, 2018

Wellness
Wednesday

This Is How Much Time You Should Spend On Social Media Per Day

It's no secret that scrolling through endless images and announcements of engagements, vacations, new babies and job promotions can make you feel like you're not accomplishing anything. But it's pretty much impossible to log off forever and never look back.

Here's the good news: There might be a sweet spot when it comes to the amount of time you spend on social media. Keeping your use down to just 30 minutes a day can lead to better mental health outcomes, according to research being published in December in the Journal of Social and Clinical Psychology.

Researchers from the University of Pennsylvania looked at social media use among 143 undergraduate students in two separate trials. One trial occurred in the spring and the other a few months later in the fall.

The study authors monitored the participants' social media use for a week across three platforms — Facebook, Instagram and Snapchat — to get a baseline. Then researchers gauged the students' mental health based on seven different factors: social support, fear of missing out, loneliness, self-acceptance, self-esteem, anxiety, and depression.

Next, the authors separated the students into groups and conducted the experiment for three weeks. One group was told to keep using social media as usual; another group was tasked with limiting social media use to 10 minutes per platform a day. Researchers then looked at how the students fared in the seven categories after the experiment.

When study volunteers cut down their social media use to 30 minutes per day total, they experienced a "significant improvement in well-being," exhibiting reduced loneliness and depression, the authors wrote. Anxiety and FOMO decreased in both groups, which researchers said could be due to increased self-monitoring during the experiment portion of the study.

"It is a little ironic that reducing your use of social media actually makes you feel less lonely," lead study author Melissa Hunt told ScienceDaily. "Some of the existing literature on social media suggests there's an enormous amount of social comparison that happens. When you look at other people's lives, particularly on Instagram, it's easy to conclude that everyone else's life is cooler or better than yours."

There are a few caveats with this study: The participants only used iPhones in the experiment because the devices can track and provide objective social media app usage data. The study also only monitored students who used Instagram, Facebook and Snapchat, so it doesn't reflect experiences with other social media platforms (shoutout to anyone who goes down the negative rabbit hole known as Twitter). The study authors also don't know if these findings could be replicated for another age group.

All that aside, there is something to be said for limiting social media while still being realistic about the fact that you're never going to ditch it entirely. Research has shown that excessive Facebook use can contribute to increased depression and loneliness, and a 2014 study found that social media use can create social comparison, which can lead to lower self-esteem.

Bottom line: We can all benefit from a little break. The marriage status updates, dog filters, sarcastic tweets, and food photos will still be there when we go back.

Article source: http://bit.ly/2rgZzpc

Throw kindness around like confetti.

This Week's Exercise

Kneeling Windmill

LET'S GET STARTED!

THESE REALLY ARE AS MUCH FUN AS THEY LOOK. TALK ABOUT A GREAT WORKOUT! BE PREPARED TO WAKE UP WITH SORE ABS THE NEXT DAY. THAT'S YOUR WARNING.

1. PUSH YOUR HIP OUT AS IF YOU WERE GOING TO HOLD A KID AS YOU LOWER YOUR ELBOW TOWARDS THE GROUND.

2. RETURN UP BY PULLING THE HIP IN.

Source: http://bit.ly/2rhOhTo

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

BREAKFAST PIZZA

Ingredients

1 cup (5 oz) all purpose or white whole wheat flour*
1 1/2 teaspoons baking powder
1/2 teaspoon kosher salt
1 cup non-fat Greek yogurt (not regular), drained if theres any liquid
a handful of baby spinach
2 ounces (1/2 cup) shredded mozzarella cheese
8 cherry tomatoes, sliced
4 large eggs
2 strips cooked center cut bacon, chopped

Directions

1. Preheat the oven to 450F. Place a silicone liner on a large baking sheet or spray with oil if using parchment.
2. In a medium bowl combine the flour, baking powder and salt and whisk well.
3. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
4. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
5. Divide into 4 equal balls about 3-3/8 oz each.
6. Sprinkle a work surface and rolling pin with a little flour roll the dough out into thin ovals 7 to 8 inches in diameter and place on the prepared baking sheet.
7. Top with spinach, mozzarella and tomatoes, leaving the center open for the egg. Gently break an egg the center of each dough and finish with bacon.
8. Bake 10 to 12 minutes, until the crust is golden and the egg is set. Season with salt and pepper.

Nutrition Information

Yield: 4 servings
Serving Size: 1 pizza

Amount Per Serving:
Freestyle Points: 5
Points +: 7
Calories: 271
Total Fat: 9g
Saturated Fat: 4g
Cholesterol: 198.5mg
Sodium: 568mg
Carbohydrates: 27g
Fiber: 1.5g
Sugar: 2.5g
Protein: 20.5g

Recipe source:
http://bit.ly/2rmeQox