



Hello,

Anxiety in our society seems to constantly be on the rise. I have yet to see any evidence of Americans becoming less stressed or anxious. Personally, I have struggled with anxiety, panic disorder and depression for decades in the past. I usually share my personal experiences of my struggles and victories and the use of hypnosis with others to help provide answers and hope for regaining control.

[Scott Lea, CH.t. - Anti Stress Center](#)

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### Less time on social media could help lower anxiety and depression

Spending less time on social media may help curb anxiety and depression. March 2016, scientists found that using multiple social media platforms could be emotionally and mentally harmful to adults. A 2015 survey found that 65 percent of Americans use social media networks like Twitter, Facebook or Instagram several times a day.



The study's results were featured in "Computers in Human Behavior," an academic journal that examines the relationship between humans and computers. Research was conducted at the University of Pittsburgh Center for Research on Media, Technology and Health in 2014. Scientists discovered an alarming trend -- people who reported using seven to 11 social media sites were more than three times as likely to experience depression and anxiety than those who used zero to two different platforms.

And millennials use more social media platforms than they realize.

"This association is strong enough that clinicians could consider asking their patients with depression and anxiety about multiple platform use and counseling them that this use may be related to their symptoms," said lead physician Brian A. Primack, Ph.D. "While we can't tell from this study whether depressed and anxious people seek out multiple platforms or whether something about using multiple platforms can lead to depression and anxiety, in either case the

results are potentially valuable."

Researchers sampled 1,787 adults aged 19-32. They were asked whether or not they used the 11 most popular social media platforms -- Facebook, Twitter, LinkedIn, Tumblr, Reddit, YouTube, Google Plus, Instagram, Snapchat, Vine and Pinterest. Their depression levels were measured using an assessment tool.

Scientists also considered influencing issues like race, gender, relationship status, income, education and time spent on social media.

"It may be that people who suffer from symptoms of depression or anxiety, or both, tend to subsequently use a broader range of social media outlets," Primack explained. "However, it could also be that trying to maintain a presence on multiple platforms may actually lead to depression and anxiety. More research will be needed to tease that apart."

This doesn't mean you should delete all your social media accounts and resolve to live completely Facebook-free. However, is time spent scrolling through Instagram photos or Snapchat stories truly productive? If not, set aside just a few minutes a day to check a one or two social media platforms.

*By Abigail Elise*



## [More About Hypnosis](#)

### 7 Fantastic Health Benefits of Peppermint Tea

Peppermint tea is more than just plain delicious. It has been proven to have some fairly amazing health and beauty benefits too. From the tips of your hair to the tips of your toes and everything in between, peppermint tea benefits can be varied and powerful.

#### Getting to Know Peppermint Tea

First things first - it's time to get to know this miracle-worker, so let's start with its name: peppermint tea is actually a bit of a misnomer. There are no tea leaves in most peppermint infusions that you'll buy in the store, and that's a good thing for many of the benefits you'll see below. Because peppermint tea is often used for stress relief and relaxation, the natural lack of caffeine is a definite plus. [Read the article...](#)

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Caffeine is a known contributor to stress levels and anxiety. Are you drinking too much? Are you drinking beverages with hidden caffeine? Check out this helpful little tool...

#### [Caffeine Calculator](#)

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