



Don't Be a Hermit Crab...Social Media and Connection (Part 2 of 2)

Facebook, Snapchat, YouTube, Instagram, and Twitter: at least one of those looks familiar, right? With the increasing amount of time we spend on social media sites, we are able to get in touch with more people, more quickly, and as a result, we feel better connected. True? Not so fast. Social media has both positive and negative effects on the way that individuals feel connected to each other. A recent study, conducted by Forbes, reports that “people who spent more time on social media—two hours a day or more—had twice the odds of feeling socially isolated than people who spent less than half an hour a day on it.”¹

So what is social isolation, and why worry about it? Social isolation is “the absence of social interactions, contacts and relationships with family and friends, with neighbors on an individual level, and with ‘society at large’ on a broader level”.² Another way to think about social isolation is to think about its opposite:

social connectivity. As we learned in Part 1, social connection has positive impacts on both physical and mental wellbeing.

Below are some of the positives and negatives of social media and connection.

Pros:

- Connection to people you don't see daily, weekly, monthly, or yearly
- Mass communication
- Connection with world and local events

Cons:

- Decreased real-time face-to-face interactions
- Increased depression & anxiety due to comparison of your real life to others' portrayal of the highlight reel of their life

So, should you give up social media? Likely, the answer is no. Like most things, the key is balance. Although it may be a little more difficult, seek out face-to-face interaction as often as possible and stay connected with social media in between!



To review part 1, check out our website, uncpersonalhealthadvocate.com.

For more information, or if you are concerned about social isolation and the impact that social media use has on your life, please call the Advocate team to speak to a Social Worker at 984-215-4040.

Contributed by: Tyler Giese, LCSW-A, and Stephanie Adams-Gilmer, LCSW

¹ Walton, A. G. (2017, March 6). Social Media May Make You Feel Socially Isolated: Study. Retrieved from 1) <https://www.forbes.com/sites/alicegwalton/2017/03/06/social-media-and-social-isolation-go-hand-in-hand-but-which-comes-first/#4d67efda1785>

² Institute of Medicine. 1992. *The Second Fifty Years: Promoting Health and Preventing Disability*. Washington, DC: The National Academies Press. doi:<https://doi.org/10.17226/1578>.

Coordination of Care

Extra support after a hospital stay, surgery, or emergency department visit can be crucial to your success.

Feeling the need to make some changes to improve your health? The Personal Health Advocate Program can help. Participation in the 90-day Personal Health Advocate program provides access to a Certified Health Coach. Our Health Coaches work with you to set health goals and provide support, coaching and connection to resources to help you achieve your goals.

Benefits of Talking with a Health Coach:

- One-on-one support to help you make lasting changes
- Setting and achieving personal health goals
- Connection to resources such as a Registered Nurse, Registered Dietician, Pharmacist or Social Worker

Speak with a Personal Health Advocate Transitions of Care Team Member today!

(984) 215-4040



Engage Your Mind!

Just like physical exercise is great for your health, mental exercise can positively impact your overall well-being. Playing cards, joining a book club, watching a sporting event with others, or playing a brain-engagement or memory app are all ways to engage your mind. Doing this with friends also adds social benefits to help you thrive!

Fall in love with Fitness!

Fall is a great time to harvest a new workout routine and start eating healthy foods. Follow these tips to get moving right along with the leaves!

Enjoy the beauty around you.

Take advantage of the cooler post-summer temperatures before the harsh cold of winter rolls in. Search for parks and trails nearby where you can workout, while also enjoying the beautiful scenery around you. Apple picking or pumpkin gathering is also a fun activity you can burn calories doing, while being with others.

Layer up.

As you plan outdoor activities, try investing in breathable, moisture-wicking clothing. While you want to dress for the cooler temps, your body will quickly warm up as it begins pumping blood, so it can be easy to overdress.

Take a cue from the kids.

As kids are heading back to the classroom, remember that you should never stop learning new things. Use this season to try a new exercise class or healthy recipe.

Don't fall this Fall

Each year millions of older people, age 65 and older, fall. In fact, more than one out of four older people fall each year, but less than half tell their physician or healthcare provider.

The list of those at risk for falls includes people who have recently been discharged from the hospital (especially after an extended stay or anesthesia), persons who have limited vision, are hearing impaired or have physical disabilities. Falling once doubles your chances of falling again.

The following are some things that you and your family can do to help ensure you stay upright and out of the hospital:

- Remove trip hazards such as throw rugs or torn carpet or tile.
- Wear properly fitted shoes and socks in and out of the house.
- Avoid broken or uneven surfaces.
- Always look down before walking to make sure you are not stepping on a pet or some other hazard.
- Make sure your house has lots of lighting or choose brighter bulbs.
- Add railings to both sides of the stairs both inside and out.
- If you use oxygen or have any extended tubing, ensure you are holding the tubing in your hands and up off of the floor while walking.
- Have your eyes examined at least once a year.
- Check the batteries in your hearing aid regularly.
- Stand slowly using chair arms or other stable furniture to assist.
- NEVER use a walker or cane to assist in standing; these tools are only to assist with walking after you are safely standing.
- If feeling dizzy or light headed upon standing, immediately sit back down and call for assistance.
- Ask your Doctor or Healthcare Professional if any of your medications can make you dizzy, light headed, lower your blood pressure or make you drowsy.

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<https://www.cdc.gov/homeandrecreational/safety/falls/adultfalls.html>

Freeze your gym membership.

If you enjoy working out outside while it's cooler, consider freezing your gym membership until winter. While you may be charged a small monthly fee to retain your membership, you could still save up to 90% of your regular monthly charge.

Savor fall produce.

Take advantage of the flavors of the season by buying local, in-season produce. Grocery stores and farmer's markets will be full of apples, figs, pears, pumpkins, sweet potatoes, and winter squash. In-season produce is easy on your wallet, as well.

GalTime. "10 Tips for Fall Fitness." *The Huffington Post*, *TheHuffingtonPost.com*, 23 Sept. 2014, www.huffingtonpost.com/galtime/10-frugal-tips-for-fall-f_b_5822546.html. Accessed 30 Aug. 2017.

Staying Healthy This Halloween

Halloween is right around the corner, which means candy and treats are everywhere we turn. Although the bite-size candies are small, the extra sugar and empty calories can quickly add up.

According to the 2015-2020 Dietary Guidelines for Americans, less than 10% of your daily calories should come from added sugar.¹ The American Heart Association recommends limiting added sugars to no more than 100 calories per day (6 teaspoons or 25g) for most American women and 150 calories per day (9 teaspoons or 36g) for most American men.²

Candy	Serving Size	Calories	Sugar
Candy Corn	19 pieces	140	28g
Mini Twix	3 pieces	150	15g
Fun Size Snickers	2 bars	160	18g
Fun Size Skittles	3 packages	190	34g
Fun Size 3 Musketeers	3 bars	200	30g
Snack Size Kit Kat	3 2-piece bars	210	21g

But Halloween doesn't have to be so scary. This time of year can be a great opportunity to reinforce the importance of moderation and healthy habits to our children, families, and ourselves. Here are some tips for a healthier Halloween:

- Ditch the pillow case - use a small container or bag to collect candy.
- Don't eat candy while Trick-or-Treating.
- Look at the treats you get and only keep your favorite.
- Walk instead of drive; you will all get the benefits of exercise!

Have a happy and healthy Halloween!

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¹ Dietary Guidelines for Americans 2015-2020 Eighth Edition. <https://health.gov/dietaryguidelines/2015/guidelines/>

² American Heart Association. "Added Sugars." Web. February 1, 2017. <http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars>