

Health Highlights: Social media & weight + Ennui

INTRO:

AN EMOTION IN AN UPCOMING POPULAR KIDS' MOVIE MIGHT TEACH PARENTS A NEW WORD. AND – TIPS ON USING SOCIAL MEDIA – TO EASE THE BURDEN ON OUR MENTAL HEALTH. TIM DITMAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<((FOUR OF THE NEW EMOTIONS IN THE UPCOMING MOVIE INSIDE OUT 2 ARE SURE TO RING A BELL. BUT WHAT IS ENNUI? (**awn-WEE**). DOCTOR KYLE BOERKE IS A CHILD PSYCHOLOGIST AT OSF HEALTHCARE. HE SAYS ENNUI IS A TYPE OF BOREDOM FIRST SEEN IN THE PRE-TEEN OR TEEN YEARS.

*****SOT*** Dr. Kyle Boerke (BERR-kee) clinical child psychologist at OSF HealthCare**

“The biggest thing we can do with children from a young age is understanding and naming emotions. If I can get a two, three or four-year-old naming emotions, I have succeeded. And the first Inside Out movie did a fantastic job with that.”

DOCTOR BOERKE SAYS PARENTS CAN USE THE INSIDE OUT MOVIES AS A TEACHING TOOL. FOR EXAMPLE – KIDS SHOULD KNOW THAT THERE ARE NO “BAD” EMOTIONS... ONLY BAD WAYS TO EXPRESS EMOTIONS.

UP TO 95 PERCENT OF KIDS AGED THIRTEEN TO SEVENTEEN – AND NEARLY 40 PERCENT OF CHILDREN AGED EIGHT TO TWELVE USE A SOCIAL MEDIA PLATFORM... ACCORDING TO THE U.S. SURGEON GENERAL.

IT'S NO SECRET A MAJOR PART OF POSTING THAT “PICTURE PERFECT” MOMENT HAPPENS AFTER THE PICTURE IS TAKEN. THROUGH EDITING WITH FILTERS... BODY POSITIONING AND EVEN ARTIFICIAL INTELLIGENCE... THE PHOTOS YOU SEE OF THOSE YOU FOLLOW MAY NOT BE AN ACCURATE REPRESENTATION OF THEIR LIFE.

DR. BOERKE (**BERR-key**) SAYS WHAT WE GO THROUGH AS SOCIAL MEDIA USERS WHEN LOOKING AT THE INFLUENCERS WE FOLLOW IS CALLED “UPWARD SOCIAL COMPARISON.”

“You, as a teenager, take your worst day and you are comparing it to this video of somebody's best day. Or I would say, artificial day, because it's not real due to the filters and editing. We have a lot of research that talks a lot about the direct correlation between time spent on social media and an increase in anxiety and depression. We're talking about a one-to-one correspondence where every hour spent on social media increases your likelihood of anxiety and depression.”

TO HELP... DR. BOERKE SAYS TO LIMIT YOUR EXPOSURE TO SOCIAL MEDIA AS A WHOLE. AND AVOID PEOPLE WHO ARE NEGATIVE AND BODY SHAMING.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN.)>>