Can Facebook use lead to depression? According to a Tech Crunch article, researchers at the University of Missouri-Columbia have found that envying your friends on Facebook could lead to depression. A survey of 700 students found that users who compare their lives to the lives of their Facebook friends could experience symptoms of depression. So what can we do to help curb that? 1. Appreciate. Appreciate what God has given you and what you have. 2. A virtual world. Realize that social media exists as a world of its own. It is a manufactured world, and not always a clear representation of reality. Remember that we all are special and have much to offer the world.

Josh Wilson Pushing back the dark

Do you ever wonder how much sleep you should be getting? The National Sleep Foundation has come up with new and updated guidelines on the recommended number of hours of sleep you should be getting based on age group. Their studies show that adults and young adults should be getting 7-9 hours of sleep per night. School age children, 6-13 should be getting 9-11 hours and teenagers 8-10 hours per night. You can see all of their numbers at their website sleep foundation.org. Now these aren’t exact numbers, because people’s ranges differ, but I don’t know about you, but I’m ok with getting a little more sleep.

Valentine’s day is just 9 short days away, and sometimes time gets away from us. MSN’s Lifestyle page has 10 gift ideas that are cheap and quick, and can lead to great memories. Instead of giving one expensive gift, try a scavenger hunt. Inexpensive gifts around the house for others to find. This can be for him, her, or for the family, and it can lead to some great memories. Another gift, give them a heart attack, not literally, but leave heart shaped notes in their room or car to show how much you appreciate them. This last one though is probably one of the best of all: a simple hand-written letter can go a long way towards showing someone how much you care for them and how much they mean to you . Life 101.9

What is winter fact and what is winter myth? Well a Buzz 60 video has debunked several winter myths. Do you think you should bundle up? Yes you should, but wearing too many layers can cause you to sweat too much and begin to chill. To combat that, wear less layers, and consider wearing wool instead of cotton, as you tend to sweat less. In addition, running outside in the winter is actually just as good for you as running in the summer, as it raises your serotonin levels and Vitamin D production. You can’t get sunburned during the winter right? Wrong, you can get sunburned especially if the sun is reflecting off of the snow. Sunscreen may need to be used at some points during the winter.