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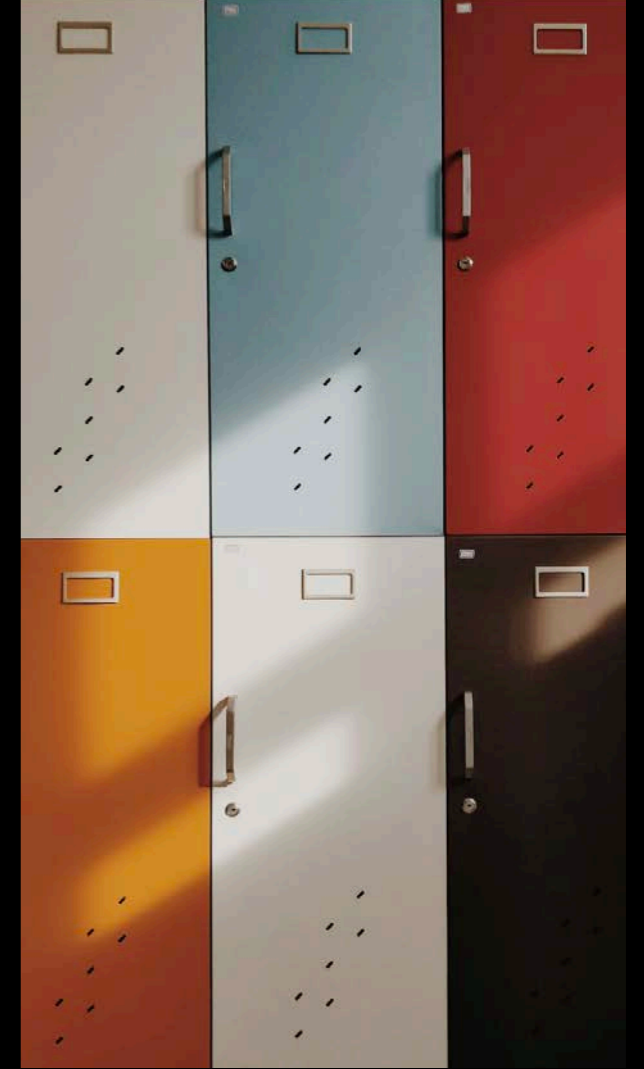
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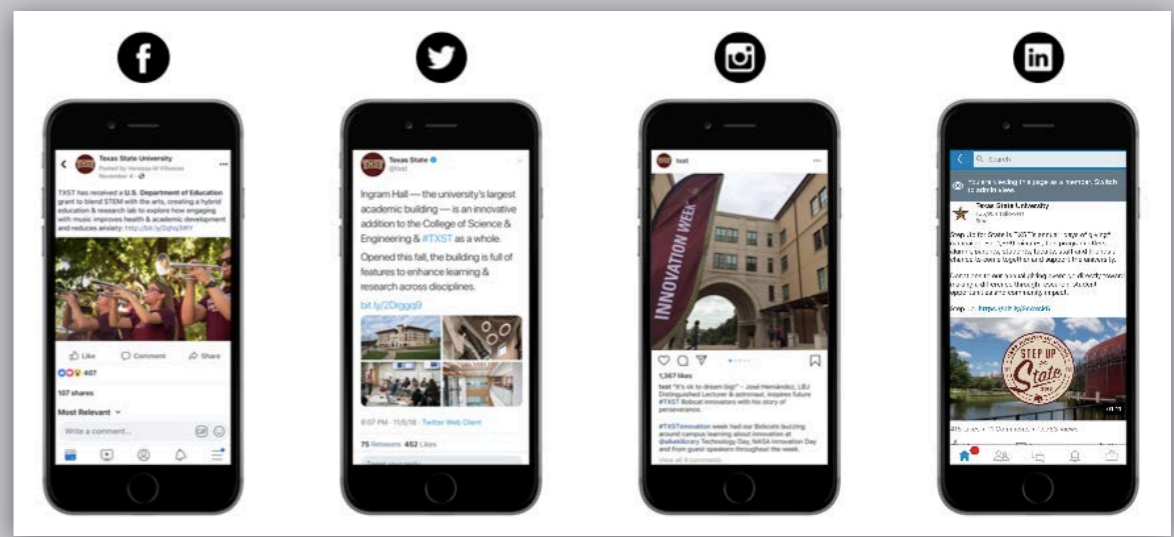
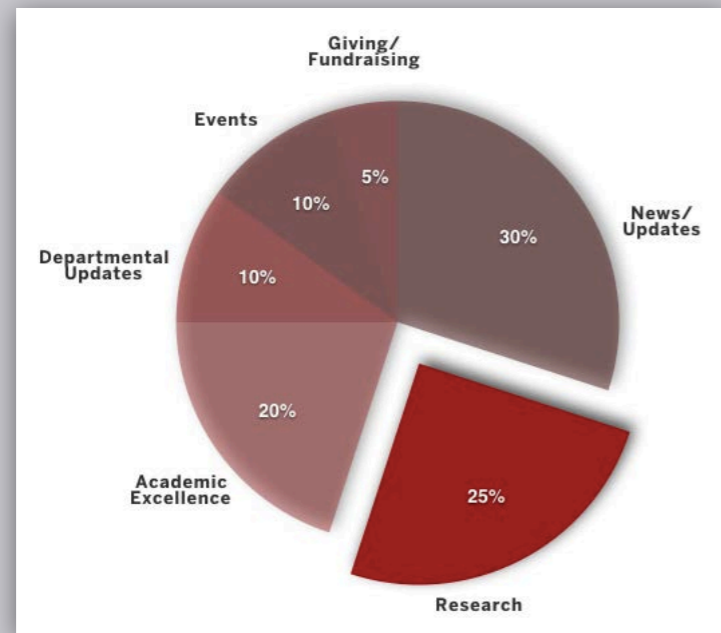
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Research	Drive awareness	Showcase latest rankings/achievements	Facebook Twitter (giving) Twitter (news)																																					
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	Showcase impact	Highlight real world applications in Central Texas and beyond	Facebook Twitter (giving) Twitter (news)																																					
		Tell impact stories	Facebook Twitter (giving) Twitter (news)																																					
Academic Excellence	Educate on history/mision	Illustrate hands on learning	Facebook Twitter (giving) Twitter (news)																																					
	Uplift departments /campus/institutions	Original content highlighting work being done	Facebook Twitter (giving) Twitter (news)																																					
		Shave from accounts	Facebook Twitter (giving) Twitter (news)																																					
Influencer Marketing	Share work of faculty, students, and alumni	Feature videos and images of influential individuals making achievements	Facebook Twitter (giving) Twitter (news)																																					
	Leverage influencers for additional reach/awareness	Interact with influencers on social, and tag/include in content	Facebook Twitter (giving) Twitter (news)																																					
Giving Fundraising	Increase donations	Tell donor impact stories	Facebook Twitter (giving) Twitter (news)																																					
		CIA for alumni and donors to give	Facebook Twitter (giving) Twitter (news)																																					
	Illustrate advancements through donations	Promote construction, research, and academic initiatives on campus	Facebook Twitter (giving) Twitter (news)																																					



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FAMILY

What People Actually Say Before They Die

Insights into the little-studied realm of last words

MICHAEL ERARD JAN 16, 2019

MORE STORIES

What Good Is Thinking About Death?
JULIE BECK

KOLESOV SERGEI / SHUTTERSTOCK / THE ATLANTIC

Some contemporary approaches move beyond the oratorical monologues of yore and focus on emotions and relationships. Books such as *Final Gifts*, published in 1992 by the hospice nurses Maggie Callanan and Patricia Kelley, and *Final Conversations*, published in 2007 by Maureen Keeley, a **Texas State University** communications-studies scholar, and Julie Yingling, professor emerita at Humboldt State University, aim to sharpen the skills of the living for having important, meaningful conversations with the dying. Previous centuries' focus on last words has ceded space to the contemporary focus on last conversations and even nonverbal interactions. "As the person gets weaker and sleepier, communication with others often becomes more subtle," Callanan and Kelley write. "Even when people are too weak to speak, or have lost consciousness, they can hear; hearing is the last sense to fade."

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NATIONAL

After Grim Deaths In The Borderlands, An Effort To Find Out Who Migrants Were

May 21, 2019 · 5:00 AM ET

 [JOHN BURNETT](#)



Kate Spradley watches her team of [Texas State University](#) graduate students during the intake process of OPID 699. Operation Identification, or OPID, led by Spradley, was founded in 2013 at the Forensic Anthropology Center at the university.

Remains are identified in a discreet laboratory in the hill country southwest of Austin that's part of [Texas State University](#).



The screenshot shows the NPR website interface. At the top left is the NPR logo. To the right are links for 'SIGN IN', 'NPR SHOP', and 'DONATE'. Below this is a navigation bar with 'NEWS', 'ARTS & LIFE', 'MUSIC', 'SHOWS & PODCASTS', and 'SEARCH'. The main content area features a play button icon with a duration of 8:15, a '+ PLAYLIST' button, and options for 'DOWNLOAD', 'EMBED', and 'TRANSCRIPT'. The article title is 'Operation Identification Helps Repatriate Remains Of Migrants Who Don't Make It', dated May 20, 2019, and heard on 'All Things Considered'. The host is identified as John Burnett. The article text begins with 'Thousands of migrants continue to stream across the U.S.-Mexico border every day. Some try to evade capture. Operation Identification helps to repatriate the remains of those who don't make it.' A 'Transcript' button is visible, and the host's name 'AUDIE CORNISH, HOST:' is partially shown.

BURNETT: So who do they belong to? That's what they try to find out in a discreet laboratory in the hill country southwest of Austin that's part of Texas State University. It is here where they seek the story of the bones.

Operation Identification attempts to locate, identify and repatriate the migrants who die namelessly in the Texas borderlands. Inside this white-tiled lab, skeletons repose on steel tables. An air exchanger filters the potent odors. Intense graduate students in gloves and blue biohazard smocks are preparing for an intake.

The screenshot shows a US News article with a black navigation bar at the top containing the US News logo and various health categories. The article title is 'ADHD Medications Can Cause These Side Effects' in large, bold black font. Below the title is a sub-headline: 'Medications can cause decreased appetite, moodiness and stomach aches.' The author is identified as Ruben Castaneda, Staff Writer, with a date of May 23, 2019. The article text discusses ADHD medications and their side effects, mentioning expert sources like Dr. John T. Walkup and Ty S. Schepis. A 'MOST POPULAR' section is visible on the right side of the article.

HOME / HEALTH / HEALTH CARE / PATIENT ADVICE

ADHD Medications Can Cause These Side Effects

Medications can cause decreased appetite, moodiness and stomach aches.



By Ruben Castaneda, Staff Writer May 23, 2019, at 12:20 p.m.



This article is based on reporting that features expert sources including **John T. Walkup, MD** ; **Ty S. Schepis, PhD**; **Jyoti Bhagia, MD**

PRESCRIPTION MEDICATION for attention deficit hyperactivity disorder, or ADHD, helps millions of children and adolescents in the U.S. manage the condition, says Dr. John T. Walkup, chair of the Pritzker Department of Psychiatry at [Lurie Children's Hospital of Chicago](#). "The science is crystal clear: Prescription medications can be extremely effective for people who have been diagnosed with ADHD."

The vast majority of people diagnosed with ADHD are kids and adolescents, though some adults can have it, too. The condition is one of the most common mental disorders in children; An estimated 8% of kids have [ADHD](#), according to the American Psychiatric Association, and about 2.5% of adults in the U.S. have the condition. In individuals who were diagnosed with ADHD in childhood or early adolescence, about one-third cease having symptoms, says Ty S. Schepis, associate professor of psychology at Texas State University in San Marcos, Texas. About a quarter to one-third of people diagnosed with ADHD as youngsters continue to have symptoms, which will change or diminish over time. Finally, about a third of people diagnosed with ADHD as kids will continue to have symptoms in adulthood, he says. Generally, the later the ADHD diagnosis is made, the more likely the person will continue to have symptoms. "Like most psychiatric disorders, (the prevalence) of ADHD varies over development or by age," Schepis says.

MOST POPULAR

FOR BETTER
What's a Social History?



PATIENT ADVICE



The vast majority of people diagnosed with ADHD are kids and adolescents, though some adults can have it, too. The condition is one of the most common mental disorders in children; An estimated 8% of kids have [ADHD](#), according to the American Psychiatric Association, and about 2.5% of adults in the U.S. have the condition. In individuals who were diagnosed with ADHD in childhood or early adolescence, about one-third cease having symptoms in adulthood, says Ty S. Schepis, associate professor of psychology at [Texas State University](#) in San Marcos, Texas. About a quarter to one-third of people diagnosed with ADHD as youngsters will continue to have symptoms, which will change or diminish over time. Finally, about a third of people diagnosed with ADHD as kids will continue to have symptoms in adulthood, he says. Generally, the later the ADHD diagnosis is made, the more likely the person will continue to have symptoms. "Like most psychiatric disorders, (the prevalence) of ADHD varies over development or by age," Schepis says.

Ty S. Schepis Ph.D.



Ty S. Schepis, Ph.D., is an associate professor of psychology at **Texas State University**. He obtained his Ph.D. in clinical psychology from the University of Texas Southwestern Medical Center, and he completed a National Institutes of Health-funded Postdoctoral Fellowship in Substance Abuse at Yale School of Medicine. His primary expertise is in prescription medication misuse and nicotine use across the lifespan, and his work has been published in notable academic journals, including *Addiction*, *Journal of Consulting and Clinical Psychology*, *Journal of the American Academy of Child and Adolescent Psychiatry*, and *PAIN*. He has been a principal investigator on four funded National Institutes of Health research grants, all from the National Institute on Drug Abuse, with over \$1 million in total research funding.

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Why Everyone Should Be Concerned About Adolescent Vaping

What we know is bad, but what we don't know could be scarier.

Posted Jul 01, 2019

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In 2019, it seems that e-cigarettes and vaping have fallen in the crosshairs of schools and local and state governments, all of whom are considering how to approach vaping among adolescents and young adults. The city of San Francisco is [set to institute a ban on e-cigarette sales](#); Aspen, Colorado, [has banned flavored liquids to be used in e-cigarettes](#); and school administrators are [struggling with whether to treat vaping either as a substance use or as a disciplinary problem](#) (to be clear, it should be treated as a substance-use problem).

Vaping remained under the radar for many years, but evidence continues to accumulate about its potential harm in adolescents. Nationwide surveys

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Back in the News: Adolescents and Vaping

Did JUUL specifically target adolescents? Evidence suggests they did.

Posted Aug 04, 2019

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Before discussing the news from a subcommittee of the US House Oversight and Reform Committee on whether JUUL marketed their products directly to teens, I want to mention that I will be starting a multi-part series on the US opioid epidemic in the next few weeks. I'm planning to cover the history of the epidemic, explain what fentanyl is (and why it is so dangerous), highlight some personal stories and then propose ways forward. If you have topics you want me to address or specific questions I can work into a post, please let me know in the comments section.

With that out of the way, I wanted to highlight the recent congressional hearing on JUUL, which was covered in more detail [here](#) and [here](#) (among

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Understanding the Opioid Crisis in the United States

A six-part series on opioids, overdose and where we should go.

Posted Aug 21, 2019

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Readers of this blog are certainly aware that the United States is in the midst of what has been widely described as an "opioid crisis" or an "opioid epidemic." I remember the first time that I was made aware of the severity of the epidemic being covered in mainstream media, I was in a physician's office and had picked up an issue of *Time Magazine* from June 2015 that described opioid misuse as creating "the worst addiction crisis ever seen in America." While [alcohol](#) and [tobacco](#) would deservedly like to have a say about what substance has created the greatest societal health problems, the number of individuals in the U.S. who have died from an opioid overdose is staggering. As a researcher whose primary area of work is prescription drug misuse, though, I have been aware of the dangers of opioid misuse for nearly a decade.

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Understanding the Opioid Crisis in the United States: Part 2

What are opioids and how did we get here?

Posted Sep 13, 2019

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Welcome back for the second part of a multi-part series on the opioid crisis in the United States. [Part 1](#) was an overview and addressed the current picture of the opioid crisis. Today's post will address two main topics:

- What are opioids?
- How did we get to a crisis point with opioids?

Before we go any further on the opioid crisis, let's pause and define what an opioid is. Opioids were initially derived from [opium poppy](#), and they currently come in three forms: naturally occurring (as in opium, codeine and morphine), modified versions of those chemicals (semi-synthetic opioids, like oxycodone [Oxy-Contin®] or heroin), and fully synthetic opioids (like fentanyl). Medically, their purpose is to treat significant pain, though they've

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Understanding the Opioid Crisis in the United States: Part 3

Fentanyl and why restricting opioid prescriptions is not the solution.

Posted Oct 07, 2019

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Hello again to everyone – this is the third post in a multi-part series on the opioid crisis in the United States. Our first two entries (first one [here](#), second one [here](#)) covered the current state of the opioid crisis and the evolution of the crisis, respectively. For this post, it will look into [fentanyl](#), which has become the major contributor to opioid overdose currently.

For those of you who need a refresher (or first look) at what an opioid medication is, please see my [second post](#). Assuming you know what opioids are, it is safe to say that prescription fentanyl is simply an opioid. It is, however, a very, very potent opioid—the teaser picture of a few grains next to a penny illustrates what would typically be a lethal dose. [This guide](#)



Intelligencer



MASS SHOOTINGS | SEPT. 3, 2019

Trump Could Take Real Action to Stop Mass Shootings. Instead, He's Turning to the Death Penalty.

By Zak Cheney-Rice



The scene near Midland and Odessa, Texas, after a mass shooting on August 31.

Thirteen people died over Labor Day weekend as a result of mass shootings. Eight were killed on Saturday when a 36-year-old gunman rampaged through Midland and Odessa, in West Texas. On Monday, five members of the same family were killed in Elkmont, Alabama; a 14-year-old boy — who was also a relative — confessed to shooting them all. Both shootings occurred roughly a month after two previous back-to-back massacres: the killing of 22 mostly Hispanic people by a white supremacist at an El Paso Walmart on August 3, and that of nine more the next day in Dayton, Ohio, including the shooter's sister.

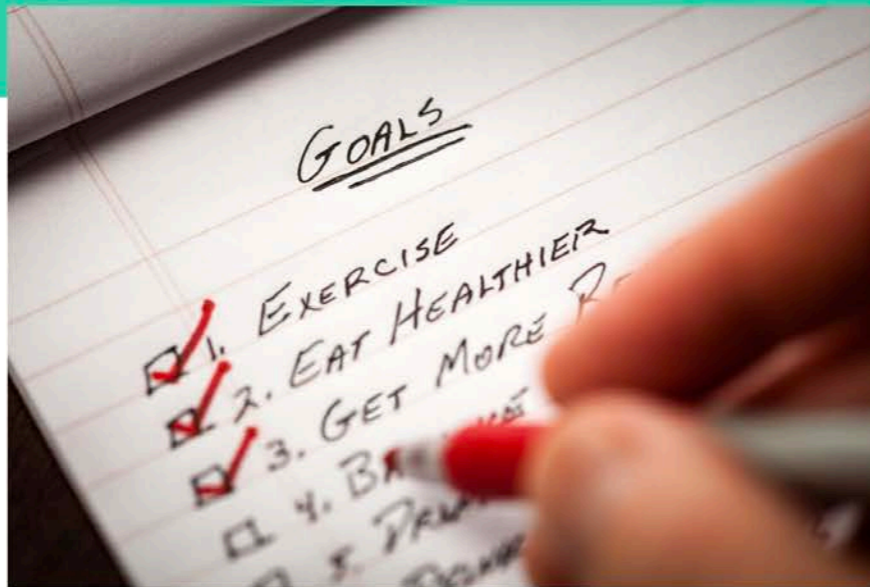
The shootings and their immediate aftermath are linked by three components: Aggrieved young men, easy access to firearms, and thus-far empty promises from President Trump to curtail their recurrence. The first

It makes even less sense as a strategy to stop mass shootings: According to the Advanced Law Enforcement Rapid Response Training Center at Texas State University — per its website, the FBI-designated national standard in active shooter response training — the majority of mass shootings end in suicide or the attacker getting shot. If mass killers are deterred by the



September is the new January: Here's how to set and tackle big goals this fall

Want to lose weight, save money or learn a new skill? Put that old back to school feeling to good use with these smart strategies.



Creating 'new year' resolutions for the fall can also help us deal with the holiday stress ahead. ryasick / Getty Images

“Take a few minutes to think about some little things that regularly irritate you but aren't big enough to get on your radar to fix,” says [Cheryl Fulton](#), associate professor in the professional counseling program at [Texas State University](#). “This can be things like a squeaky door, a pile of papers that need filing or a person that you need to say no to – anything that regularly gets a sigh or eye roll from you but doesn't seem important to address right now. Pick one of these things to tackle once a month. Tackling these small annoyances can add up to less stress and greater peace of mind.”

Sept. 3, 2019, 9:07 AM
By Nicole Spector


The kids are heading and soon the trees w
clad step. It's not the end of the year, but it is the end of another summer, and the beginning of autumn, the season that of all four, feels the most robustly [symbolic of change](#).

Fall is also a favorite time of year to implement and/or reinvigorate goals. A [new report from Pinterest](#) revealed that goal-related searches are on the rise, with more people seeking inspiration around goal planning (up 128 percent), goal lists (up 101 percent), big family goals (up 86 percent) and [life goals](#) (up 81 percent).

Pinterest's data comes as no surprise to [Jenna Palumbo](#), a therapist at Evergreen Therapy in Illinois, who says she notices clients shifting their attention toward goal setting this time of year.



BETTER Happier, Healthier, Smarter, BETTER

Need a Sunday dinner idea? Try these slow cooker turkey meatballs



GOOD EATS
Lauren Salkeld — Sep. 15, 2019

Make a little meatball magic at home with recipes and tips from Giada De Laurentiis, Kelly Senyei, Alex Snodgrass and more.



DO OVERS


September is the new January: Here's how to set and tackle big goals this fall

GOOD CENTS

How to avoid problems when one spouse handles all the money

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How to talk to your kids about weight

We all want our kids to be healthy, but approaching their weight the wrong way can do more harm than good.



Getting your kids involved in cooking healthful recipes helps them feel empowered and gets them excited about eating healthy meals.
Maskot / Getty Images/Maskot

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When adults obsess over their own body fat in front of children, they model that behavior and anxiety as normal.

NICOLE TAYLOR, ASSOCIATE PROFESSOR OF ANTHROPOLOGY AT [TEXAS STATE UNIVERSITY](#)

Sept. 8, 2019, 10:41 AM EDT

By **Samantha Cassetty, RD**

One in five American children is considered obese, according to [data from the CDC](#), but weight loss in kids is a touchy subject. Just

recently, WW (formerly known as Weight Watchers) launched an app aimed at helping people lose weight. Reaction on social media was fierce, with outrage and concern that the tracking app was an unhealthy fixation on food and body weight, which can be life-threatening for those with eating disorders. [An American Academy of Pediatrics report](#) suggests that among children, weight is a risk factor for both obesity and depression. A [study](#) found that girls who weren't on a diet were three times more likely to be depressed compared to girls who didn't diet. T

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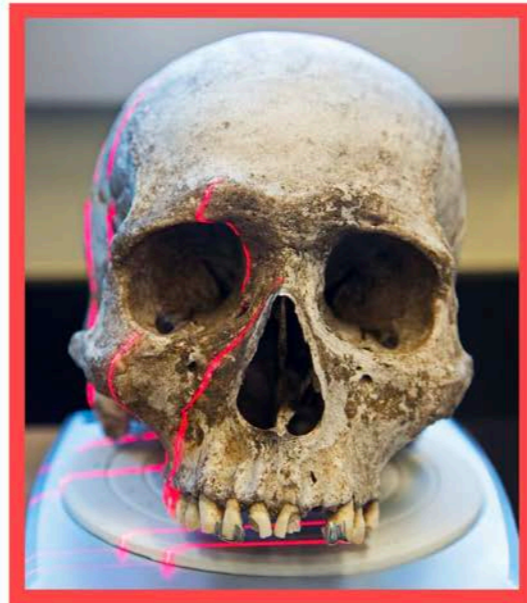
Giving children a meaningful role in creating healthy meals will help them to feel more invested in sustaining behavior change around eating habits.

You can also get your kids involved in selecting [healthful recipes](#), food shopping and cooking. “This helps children feel empowered and gets them excited about what they’re eating,” Cardel explains. Nicole Taylor, Associate Professor of Anthropology

at [Texas State University](#), and an expert in social issues related to childhood obesity and body image concerns, adds, “Giving children a meaningful role in creating healthy meals will help them to feel more invested in sustaining behavior change around eating habits.”

Inside the Four-Year Forensic Search to Give One Migrant Family an Answer

Christian Gonzalez grew up riding ATVs, ran cross-country in high school, and spoke English without an accent. So what was he doing in the middle of a deadly desert, risking his life to return to the American town he called home? Forensic scientists in south Texas want to give his family—and hundreds of others—some closure.



At the Forensic Lab at Baylor University, a scanner makes a 3D image of the skull of an unidentified migrant who died attempting to enter the United States.

I. CASE #0383

This work, of exhuming the unnamed, was being carried out by two forensic anthropologists and their students, who had traveled to this cemetery from two universities, Baylor, in Waco, Texas, and the University of Indianapolis. After placing #0383 in the new bag, several of the students walked him to a staging area. There, a member of the Brooks County Sheriff's Department hoisted him into a refrigerated trailer, where he would be safe until he was driven out of the burial ground and into a temporary holding facility two miles away.

The plywood box containing the remains of Case #0383 was placed east to west next to those of five others—one female and four males—in a shallow trench near the back of the cemetery. Barely visible markers ("Unknown Male," "Unknown Female") were placed by the cemetery's groundskeepers, who pointed out places where bodies were buried, the forensics team planned to do the same.

"But the more we dug, the more we found," says a forensic anthropologist from the University of Indianapolis biology student who spent a week at the site.

More trenches, more plywood boxes, more body bags, more human bones. These were not "mass graves," as the report, but individual burial containers—in some cases, they were crammed together in no particular arrangement.

Forty-five of the first sixty-eight cases from Sacred Heart—including Case #0383—were transferred to Texas State under the umbrella of a service-learning program called Operation Identification, or OpID. **Kate Spradley**, forty-six, a slim, quiet woman with short brown hair and dark-rimmed glasses, is the **director of OpID**. Its goal is to process, identify, and repatriate the remains of migrants who died in south Texas. As even more unmarked burials were discovered in Brooks County in 2014 and 2015, Texas State gradually took over the exhumations in Falfurrias, which continue to this day.

After his removal from Sacred Heart, Case #0383 was driven to San Marcos, Texas, a trip that ended at the Freeman Ranch, a sprawling, thirty-five-hundred-acre farm complex where J. Edgar Hoover reportedly liked to hunt. Now it houses the Forensic Anthropology Center at **Texas State University** (known as FACTS). The center has two main components, the Forensic Anthropology Research Facility (FARF), where researchers study the process of human decomposition in a range of outdoor environments, and the Osteology and Research Processing Laboratory (ORPL), which is devoted to the analysis and identification of human remains. At twenty-six acres, FARF is the largest outdoor decomposition facility, more commonly known as a body farm, in the world.



Family Morale and Cohesion - Essentials For A Happy, Healthy Home

Why are morale and cohesion important within a family?

While deployed in Iraq I had the opportunity to work with men and women from a variety of military units. Most of those with whom I worked were attached to the Army, but some came from the Marines, Air Force, Navy and the National Guard. Across all branches of the service there was a common thread: belonging to a unit that had a sense of cohesion and high morale meant you had hit the jackpot.

Military members in these units tended to be optimistic, happy, productive, and consistently focused on completing their mission. They felt a sense of connection with each other, a sense of purpose, and a heightened desire to succeed.

When cohesion and moral were absent in a unit, or severely lacking, tensions would frequently escalate, conflicts gave rise to deeply held grudges, performance

It is important to note that traditions which instill a sense of 'belonging' are particularly potent. **Cheryl Fulton**, an Associate Professor in the Professional Counseling Program at **Texas State University**, underscores this point when she notes that "The key to a family ritual is that it is repeatable, consistent, evokes strong emotion, and engages everyone. Positive family rituals can bond a family for life as they become memories that are often revisited, re-instilling a sense of belonging and family commitment."



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How to Help Your Family Thrive: The Essentials

Part 1: Family morale and cohesion—essentials for a happy, healthy home.
Posted Oct 04, 2019

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When cohesion and morale were absent in a unit, or severely lacking, tensions would frequently escalate, conflicts gave rise to deeply held grudges, performance declined, and mission focus degraded.

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How Your Hot Yoga Class Can Help Your Heart

The cross-training benefits may be even greater than you thought.



By ELIZABETH MILLARD OCT 9, 2019

Although this is preliminary research and also a very small sample size, researchers found the results promising, said lead study author **Stacy Hunter**, Ph.D., an assistant professor and director of the cardiovascular physiology lab at **Texas State University**.



FIZKES / GETTY IMAGES

You're looking down at a not-inconsiderable puddle of sweat, trying to breathe, holding a pose that seems way too long and you start to wonder: Is hot yoga actually any better than non-Hades yoga?

According to a preliminary research presented at the American Heart Association's Hypertension Scientific Sessions, it's certainly a big plus for your blood vessels—even if it's tough on your yoga mat.

Standard, room-temperature yoga has been linked to better blood pressure effects in previous research, but this is one of the few studies to look at hot yoga specifically.

Researchers recruited 10 men and women, between the ages of 20 to 65, all with either elevated blood pressure or stage 1 hypertension. The participants were not taking any blood pressure medication and had not engaged in regular fitness activity for at least six months prior to the study timeframe.

Five participants were assigned to take 12 weeks of hot yoga classes, three times weekly for at least an hour per session, in a room at 105 degrees Fahrenheit. The other five were a control group, and did not do yoga at all, hot or otherwise.



Mental Health Illustrations On Instagram Create Community

By [MARIELA SANTOS](#) | Oct 10, 2019 | [f](#)



If you have ever struggled with a mental health condition, you are not alone — around one in five people in the United States have a mental health condition, according to the National Alliance on Mental Illness. While mental health services can be found everywhere, there are still several obstacles that can often be found attached to mental health conditions, especially when living with the conditions. That's why Instagram is also home to many

mental health professionals making original content about mental illness, illustrators — who are often regular people who struggle with mental illness themselves — can feel more personal to interact with.

According to [Dr. Nicole Taylor](#), an associate professor at Texas State University's Anthropology Department who researches social media trends, plenty of studies have found correlations between [social media use and negative mental health impacts](#). She adds that there are plenty of positives to sharing on social media, like developing and disseminating creative ideas and the opportunities for community engagement, not to mention "expanding connections through shared interests; and

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What Happens To Your Brain When You Swipe Right On Dating Apps

By [ANNAKEARA STINSON](#) | Oct 13, 2019 |



Jessica James, a lecturer at [Texas State University](#) who recently authored the chapter, "Love At Our Fingertips: Exploring the Design Implications of Mobile Dating Technologies," in a publication about sex in the digital age, tells Bustle that she focuses on what motivates people to use online dating sites, specifically Tinder. This means understanding the potential of new "media gratifications" granted by smartphones and mobile technology. James proposes that there is quite literally a lot at play when you're swiping.

If you use dating apps, you've probably noticed when you're looking through all the romantic options on your brain when you swipe right or left to keep you coming back for more, even when you aren't necessarily finding love? Well, there are quite a few underlying processes at play in the noggin during that quick decision on someone's profile — so many, in fact, that it's a little disconcerting. One of them is the instant reaction of attraction or romance.

"Love at first sight is a real thing," Dr. Helen Fisher, senior research fellow at The Kinsey Institute, and author of [Why We Love: The Nature and Chemistry of Romantic Love](#), tells Bustle. "Now, it can totally dissolved as you meet and talk to the person, but it can be triggered by pictures."

Fisher has found in her research that there are three basic brain systems when it comes to relationships and dating: sex drive, romantic love, and feelings of deep attachment. These are potentially activated when you're swiping, and are areas of

HOME > PARENTING > BETTER PARENTING

5 Easy Ways to Unplug From Technology as a Family

With kids and adults spending more and more time on their screens, technology is coming in the way of quality family time. Experts offer simple tips to unplug and reconnect.

By **Beth Ann Mayer** | October 18, 2019

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Technology is expected to connect us, but new research shows it's often doing the opposite. "There are opportunities to connect and learn, but too much of a good thing causes trouble," says **Jon Lasser**, Ph.D., associate dean for research and sponsored programs at the College of Education at **Texas State University** and co-author of *Tech Generation*.

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Kids and teens spend more than seven hours a day on their screens. And increasing screen time by even one hour annually can make a teen more depressed, according to a recent study published in *JAMA Pediatrics*. There is less information on the link between adults' screen time and mental illness, but the limited research shows it's problematic. Estimates show U.S. adults spend more than half the day consuming media, and people over the age of 20 who spend more than six hours per day looking at a screen have a higher chance of being depressed.

These habits often also come between quality family time and many families are seeking ways to unplug. That doesn't mean they need to ditch devices altogether. Experts say frank discussions about technology use, ground rules, and simple tactics to go device-free can help families reconnect.

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5 Easy Ways to Unplug From Technology as a Family

Beth Ann Mayer
Parents October 18, 2019

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- **RELATED:** [Managing Your Child's Screen Time](#)

Lay the Foundation to Use Tech Less

Families should discuss how technology is impacting their lives and agree on what an appropriate amount of screen time is. "We also want to seek kids' input instead of a top-down approach," says Dr. Lasser.

The American Academy of Pediatrics' [Family Media Plan](#) helps families discuss the importance of keeping up with tech-free activities, such as going outside. As these talks progress, families should come up with limits and write them down.

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How To Use Your Phone More Mindfully In 9 Simple Steps

By [BRANDI NEAL](#) | Oct 19, 2019 | [f](#)



Dr. Nicole Taylor is an associate professor at **Texas State University's** Anthropology Department who researches social media trends. She told Bustle for a previous article on [social media use and mental health](#) that social media use can help people connect "with a more diverse, global community than is possible through face-to-face engagement," but that "those connections lack the depth of face-to-face interactions," which can result in feeling lonely – which not great for your mental health.

If you have major FOMO, you're probably using it too much. A study found that people engaged with their smartphones are [less](#) [more mindful of how](#) they use their phones in old-timey days so [people](#) [spend](#) [thousands of miles to hang out in person, it's likely that very little of the time you spend on your phone](#) these days involves talking.

In fact, data from Flurry Analytics, an app for developers to track user data, found that 50% of all [phone time is spent on social media, messaging, and entertainment](#). Overall, the number of hours you're glued to your phone each day has risen by 20% in just two years, this data shows. It can also be absolutely mind-boggling to think about – and I mean *really* think about – how much time we spend watching videos of dogs. In addition, a 2018 study published in the *International Journal of Environmental Research and Public Health* found that excessive use of smartphones can negatively influence neural pathways and contribute to [mental health problems](#).

Popsugar › Fitness › Healthy Living › How to Manage Depression and Anxiety During an Election Year

7 Ways to Ease Your Anxiety During the Election, Straight From Psychologists



December 6, 2019
by CAITLIN FLYNN

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In fact, [Alessandro De Nadai](#), PhD, an assistant professor of psychology at [Texas State University](#), suggests setting aside a limited amount of time to read or watch the news – perhaps once in the morning and once in the evening, before you need to wind down. He explained that checking the news more frequently will only serve to trigger your anxiety.

If you're already [feeling anxious in this political climate](#) and you're worried that [the 2020 election will only make things worse](#), you're not alone. In a recent study, [nearly 40 percent of respondents cited politics as a source of stress](#), and 20 percent reported that they had experienced depression,

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