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## Instagram message dating app

We thought the term broken heart was just a metaphor, but science tells us not to: breakups and rejections cause physical pain. When a group of psychologists asked researchers to look at images of their former partners who broke up with them, the researchers found that the same brain areas that are activated by physical pain are also activated by testing images of ex-partners. Looking at pictures of our ex is a painful experience, literally. Given that the effect of rejection and breakups is the same as the effect of physical pain, scientists have speculated that exercise that reduces physical pain can be used to reduce emotional pain that follows breakups and rejections. In a study on how painkillers reduce emotional pain caused by breakups, researchers found that painkillers don't help. Those who took painkillers coped better with their breakup. Tamar Cohen wrote that a simple dose of paracetamol can help relieve the pain of a broken heart. Just as painkillers can be used to relieve pain in the broken heart, other exercises that facilitate physical pain can also be used to ease pain rejection and breakups. Three of these scientifically validated exercises will be described in this article. Looking at pictures of loved ones While images of ex-partners stimulate pain neuro circuits in our brains, images of loved ones activate other circuits. Looking at people who care about us increases the release of oxytocin in our bodies. Oxytocin, or the embrace hormone, is the hormone that our bodies rely on to induce in us a calming feeling of calm, even when we are under great stress and pain. In fact, oxytocin turned out to play a crucial role as a mother giving birth to a baby. Despite the fact that the mother can wither extreme pain during childbirth, high oxytocin selected by her body turns pain into joy. Mariem Melanine notes that, Oxytocin levels tend to peak during childbirth, which promotes a sense of euphoria in the mother and helps her to develop a stronger bond with her baby. When you're tempted to see pictures of your ex-partner, log in to your Facebook Page and start browsing pictures of your loved ones. As Eva Ritvo, M.D. notes, Facebook fools our brains into believing that our loved ones surround us, which has historically been essential to survival. The human brain, because it evolved thousands of years before photography, does several levels to recognize the difference between images and people with ExerciseEndorphins neurotransmitters that reduce perceptions of pain. When our bodies are high in endorphins, painful sensations are kept outside conscious awareness. It has been found that exercise causes endorphins to be secreted in the brain and as a result produces a feeling of psychologist Alex Korb noted in his book: Exercise causes your brain to release endorphins, neurotransmitters that act as acts neurons like opiates (such as morphine or Vicodin) sent a nerve signal that reduces pain and relieves anxiety. By inhibiting the pain that is transmitted to our brains, exercise acts as a powerful antidote to pain caused by rejections and breakups. MeditationJon Kabat Zinn, a physician who pioneered the use of mindfulness meditation therapy for patients with chronic pain, argued that it is not the pain itself that is harmful to mental health, but, this is how we respond to pain. When we respond to pain with irritation, frustration and self-pity, more pain is created and we enter a never-ending spiral of painful thoughts and feelings. In an order to disrupt the domino effect caused by responding to pain with pain, Kabat Zinn and other proponents of mindfulness meditation therapy have suggested responding to pain through nonjudgmental contemplation and acceptance. By practicing meditation daily and monitoring the sensations (including the painful ones) created by our bodies, our brains develop a habit of responding to pain with grace and patience. When you find yourself thinking about a recent breakup or a recent rejection, close your eyes and listen to the feelings your body produces. Take deep breaths and as you feel the feelings produced by your body, distance yourself from them and observe them without judgment and compassion. If your brain starts wandering and gets distracted, gently bring back the compassionate nonjudgmental attention to your body. Try this exercise for a minute and gradually increase its duration. Consistent practice, nonjudgmental acceptance will be the default reaction to breakups, rejections, and other disappointments that we experience in life. Every rejection and every breakup gives us great lessons about relationships and ourselves. Featured photo credit: condesign via pixabay.com Instagram is reportedly working on a new standalone messaging app that allows users to share their status, location, and more. The Verge had already looked at the app in action and said it was similar to Instagram's current messaging feature. The app, known as Threads, is said to be a companion app to Instagram, emphasizing the social network's close friends feature, which launched late last year. In addition to typical messaging features, including texting, sharing photos, and sending videos, Instagram threads allow users to automatically share their location, speed, and battery life with friends and family. The app also displays user stories, according to The Verge, this feature has become a central part of Instagram in recent years. Threads is said to be designed to encourage greater engagement of Instagram's most powerful users, people within the application and connected to the service. Instagram has gone this way before a messaging app that allowed Instagram users to communicate with each other away from their main feed. The Direct-based development was finally shut down in May, with Instagram said beta testers were disappointed by the switch between the two apps. It is not clear whether the Threads will be launched to the public and there is always the possibility that they could put it aside. According to The Verge, Instagram declined to comment. Looking for something else from Instagram? Whether you love Instagram or hate it, there's no denying that this little app really exploded to become one of the most influential social networks of our time. Other apps, such as Instagram, can offer a refreshing change. These are apps that have rolled the best features of Instagram into their own, but have given them a completely unique feel. If you're just looking for something new to try, check out the list of apps below that are just as appealing and socially based as Instagram. Logo © Retrica, Inc. Like Instagram, Retrica is a social network and a platform for photos and videos. Unlike Instagram, however, Retrica supports GIF image formats and the option to create your own GIFs from a collage of photos or videos. With Retrica, you get all the things you love from Instagram and more. From fun filters and editing effects to stickers and stamps, this app is used to help you express yourself as creatively as you want — all when meeting and contacting members of the community who are there to do the same! Download iOS Download for Android Visit Retrica Logo © Flipagram, Inc. Instagram won't let you import music or sound effects into your videos, but Flipagram! This is the app worth trying if you want to create fun videos and photo slide shows with your favorite popular or classic song in the background. Flipagram is also a social network, so you can follow other talented users, view videos or slideshows to get inspiration from the comments featured and take part in the fun challenges that creative juices flow. Music clips come from the app, so you don't need the perfect song in your device's music library to import it first! Download to iOS Image Canva.com Okay, so we had to mention Snapchat here as it's very close to Instagram in terms of popularity and functionality - especially as both are struggling to be the best choice for users to share their stories. Just take a photo or movie from a short video to share your story with friends on Snapchat and it will be automatically deleted within 24 hours. If you like the idea of impermanent entries, it may just be the app for you, as all the photos and videos you post there - either through messages or stories - will eventually disappear. Read snapchat download for iOS Download for Android Visit Snapchat Image made Canva.com Path is a social networking app designed only to connect the closest people in your life—not to be friends with strangers, or to stay in touch with hundreds of old friends and new friends. It brings the best of Instagram and Facebook to a beautiful app that shares everything from photos and videos to music and books. And if you ever find yourself overwhelmed by too many friends path, you can take advantage of the convenient Inner Circle feature to get back in touch with those who are hatching the most. Read the Path Download for iOS Visit Path Image made Canva.com We Heart This is another popular image sharing platform similar to Imgur, but the content is very feminine, primarily made from inspirational photos and quotes that appeal to young women. Instagrammers who love inspirational content might really like this app not only because of the content, but also for joining very positive and inspiring users in the community. The layout is similar to Pinterest and you can use it to search for photos you want to add to your collection. Create canvas (which is your profile) by uploading your own photos and tap the heart button on each photo you encounter that you want to add them to the Hearts section. Download for iOS Download for Android Visit WeHeartIt on Canva.com A picture taken with Pinterest isn't just a place for people to plan their weddings and collect recipes or ideas. In fact, if you love Instagram's visual appeal, you'll be going over Pinterest's super smooth and eye-catching platform! One of the things Pinterest has to offer, Instagram is the ability to repin or save pins from other users. Pins can also link to other websites, so you can click on them to get more information about the captured image. Read Download Pinterest for iOS Download for Android Download Canva.com You may know Tumblr as a popular blogging platform driven largely by image and GIF sharing. In addition to photo and video posts, you can create text posts, audio posts, conversations, photosets and more as you follow other Tumblr users and even reblog their posts on your Tumblr blog. Tumblr is one of the most versatile social networks, and its mobile apps make interacting with the community easier and more fun than ever. You can post virtually any type of content you want and even design the layout to appear as a real blog when you view the web in a browser. Download iOS Download Android image made Canva.com Wondering if people still use flickr? They certainly are! In fact, Flickr mobile apps have gone through some very impressive overhauls recently, complete with photo filters, editing effects and a smooth feed so eerily similar to Instagram (but maybe even better). Soon after Instagram had a great policy kerfuffle back in 2012, a lot of people rediscovered Flickr, switched to it and never went back because who's that good. If photos taken with your phone are your thing, but Instagram isn't doing it for you anymore, Flickr's mobile apps might be worth checking out. Download iOS Download Android Visit Flickr image made Canva.com Imgur is practically the most popular free image hosting platform on the internet, used by millions of people every day. You can use it to find funny photos, animated GIFs and videos that are submitted by users and interacted with a lot to be pushed up in popularity. The mobile app is beautifully designed to show off the best content, somewhat like Instagram. You can also enter your own content and create your profile, similar to any other social network. Download iOS Download on Android Visit Imgur Thank you for let us know! Tell me why. Why!

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