

MINDING YOUR NEWS *intake*



It's important to stay informed, and there's a balance to be found.

Too much news can easily fuel anxiety, tax your system, and create feelings of overwhelm. Bringing awareness to when, where, and how often you consume media that activates tension is an important step in protecting your health.

MINDFUL NEWS CONSUMPTION TIPS

- ✓ Meditate in the morning for 10 minutes before opening the news.
- ✓ Consider limiting your news consumption to one brief period of time in your day.
- ✓ Whenever you feel the urge to impulsively open your news app - PAUSE, breathe, and ask yourself, "*Will this be supportive or detrimental to my wellbeing right now?*"
- ✓ Without judgement, bring awareness to how your mind and body feel after you consume news.
- ✓ Limit the time you spend reading the news (set a timer).
- ✓ Turn off news push notifications on your devices.
- ✓ Don't read the news before bed; think of 3 things you're grateful for instead.
- ✓ Read good news!

