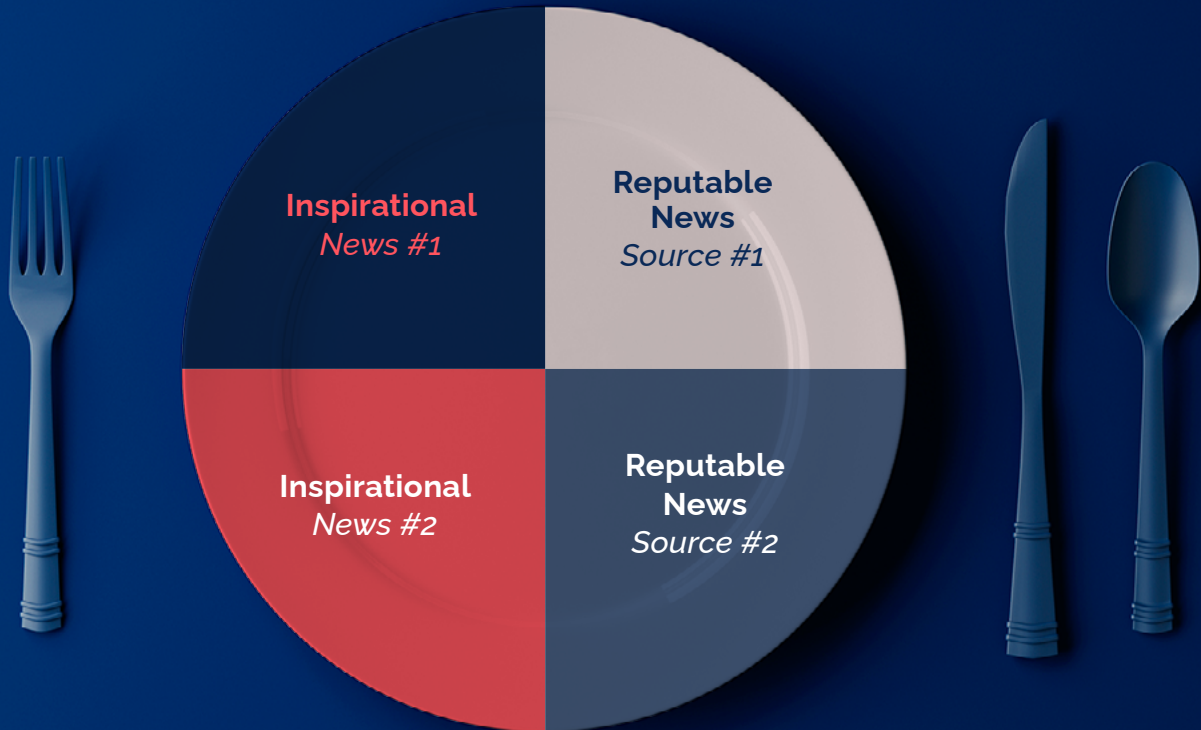


Healthy News Diet

Check news 1x per day and/or limit consumption to 15 minutes or 3-4 articles.

Pick 1-2 reputable news sources and stick with them.



Pick 1-2 inspirational or positive news stories, for a ratio of at least 1:1 with the other news stories

Avoid news from social media. Research shows we are poor at distinguishing reliable from unreliable sources on sites like Facebook & Twitter

We all want to stay informed, especially during times like these. Just like eating too much or the wrong kinds of food is bad for our health, so too is consuming the wrong type of news, or too much of any news. When we share the unhealthy types of news on social media, it becomes a larger public health problem, as **fear is an emotional virus, and is highly contagious.**

Research tells us that when we consume repetitive or sensationalist news, we develop acute stress symptoms, like uncontrollable worry. Researchers found that those who watched repetitive, sensationalistic news about the Boston marathon bombing, had as much stress as those who actually lived in Boston during that tragedy. Researchers have also found that consuming too much negative news leads us to be less tolerant of others, engage in more antisocial behavior, trust people less, and criticize the media more.

While all of us are a bit different in what we find best supports our emotional health, this diet plate reflects some general guidelines supported by research. Those of us who have preexisting anxiety conditions may find we have to err even farther on the side of limiting news intake.