

Are You Informed or Overwhelmed?

Many people want to take a break from the news, but they worry about falling out of the loop. They feel a duty to stay informed, protect themselves and be good citizens. But after the first 10 minutes of a major story, the next two hours rarely give you new, useful information—they just add stress. Continuing can quickly leave you feeling overwhelmed, discouraged, and burned out.

Use the table to spot when you've shifted from Informed to Overwhelmed.

	Informed	Overwhelmed
Why am I looking at the news right now?	To take action or understand context.	Checking out of habit or anxiety.
Which method am I using to explore online?	Deep dives into long-form reporting.	Refresh-scrolling for constant updates
Which outcome am I getting?	Clarity and perspective.	Fatigue, cynicism, and anxiety.

What to Do Next:

- **Set a timer:** Limit news checks to 10 or 15 minutes.
- **Pick a stopping point:** Close the tab or app as soon as you find the core facts.
- **Change the medium:** Switch to a weekly roundup or print summary instead of real-time feeds.