

WHY DO YOU FEEL IT?

UNDERSTANDING YOUR EMOTIONAL RESPONSES TO THE NEWS

PART 2/6

You might not be directly affected.
You might be physically safe.

But something still feels heavy.

You check the news more often.
You feel a quiet tension in your body.

You can't quite feel at peace

And then a part of you wonders:
"Why is this affecting me so much?"



You don't have to be in a war zone to feel its impact. When you watch distressing news again and again, your stress levels go up. Social media makes it easier as you don't just read updates. You see videos. You hear personal stories. You watch events unfold in real time and so your brain treats this like something happening around you, not far away.

You also see the same events repeatedly. Perhaps from different angles. Each time, your body reacts. It doesn't fully settle before the next update.

You connect on a human level. You see faces, families, real lives and real consequences that they are facing. You imagine yourself there. That makes it real and it also makes it heavy. Part of you knows you're safe. But your body doesn't fully register that.

And it's not just emotional. You may notice changes in your daily life. Petrol prices go up. Costs increase. People talk about uncertainty. Now it feels personal.

REFLECTION

Pause for a moment.

Ask yourself:

- When do I feel this the most?
- What kind of content affects me more?
- What do I notice in my body after I scroll for a while?
- Have I been checking the news more than usual?
- Is this starting to affect my mood or daily routine?

You don't have to figure everything out. Just noticing is a good place to start.