

DOOMSCROLLING

PART 3/6

WHAT IS IT AND HOW TO MANAGE

DOOMSCROLLING

Doomscrolling is when you keep consuming negative news for long periods of time.

You start with one update and then another and then another.

Social media feeds make this easy as the content keeps loading and the stories keep updating. You don't even have to go look for it because it just appears on your feed.

So why do you keep scrolling?

Your brain wants information when something feels uncertain.

You scroll to:

- try to understand what's happening
- feel more prepared
- feel some sense of control
- look for updates that might bring relief

And for a while, it works.

You feel like you're doing something. Staying informed. Not missing out.

But the scrolling doesn't really end.

There is always one more post or one more video or one more update.

So you keep going, even though you feel dread or distress, even when you planned to stop.

HOW TO MANAGE

1. Start by setting a clear structure.

- Pick 1 or 2 times a day to check the news.
- Decide how long you will spend before you start and make sure you stop.

2. Be more selective with what you consume.

- Follow a few reliable sources.
- Avoid jumping between platforms.
- Set preferences for content so that it does not pop up on your social media feed.

3. Pay attention to your body.

- If you feel tense or heavy or restless, then stop there.
- You don't need to push past that point.

4. Set boundaries around your phone.

- Keep it away during certain times before bed or right after you wake up.