Healthy news habits: rules and plan

Stay informed without burning out

- ☐ Notifications: emergency alerts only
- ☐ 1–2 news windows a day
- ☐ A few trusted sources
- ☐ Fewer violent videos
- ☐ No news in the hour before bed
- ☐ Feel worse after scrolling? Stop

My news window	Time	Sources
Morning		
Evening		

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Stuck to my plan	○	○	○	○	○	○	○	○	○	○	○	○	○	○