

MINI RESET

Why the News Sticks



Three pages for a more deliberate news habit

Staying informed makes sense. But there's a difference between informed and permanently flooded — one your mind clearly notices, often only in the evening.

In a survey of 1,100 adults in the US, 16.5% showed signs of severely problematic news consumption — and this group reported noticeably more stress, anxiety, fatigue and physical complaints, independent of personality and of their overall amount of news use. What stood out wasn't just the amount, but the pattern: not being able to stop, being mentally stuck on the news. The study is a snapshot — it cannot tell us what is cause and what is effect.

McLaughlin, Gotlieb & Mills (2023), Health Communication 38(12)

QUICK SELF-CHECK — WHICH OF THESE DO YOU KNOW?

- ☐ I pick up my phone to check “just briefly” — and get stuck.
- ☐ News stays on my mind for hours afterwards.
- ☐ I keep reading even though it clearly isn't doing me good.
- ☐ In the evening I find it hard to switch off.

IMPORTANT

None of these is a diagnosis. They're observations — and the first step is simply noticing them. If this weighs on you for weeks, disturbs your sleep or causes anxiety, that is a good reason to talk to a professional.

THE PRACTICE

The News Pause



Three steps, usable from today

This isn't about giving up the news. It's about you deciding when news gets space — not your feed.

1. Choose fixed news times

One or two fixed windows per day — say, midday and early evening, 15 minutes each. Not right after waking, not right before sleep.

2. Notice the impulse — and name it

When the reach for your phone comes outside the windows: pause briefly and name what's there — boredom, restlessness, habit? The impulse is allowed. You just don't have to follow it immediately.

3. Actively close each session

After each news window, one deliberate closing action: close the app, put the phone down, take one breath, switch to the next activity. Mark the ending — otherwise it just keeps running.

STAY REALISTIC

Some days it won't work — big events pull everyone in harder. That's not failure. What counts is the pattern over weeks, not the single day.



OBSERVE ONE WEEK

Your Weekly Log



Seven days, three columns — that's all it takes

Don't judge, just record. After one week you'll see your pattern — and can decide whether you want to change anything.

DAY

WHEN DID I READ NEWS?

HOW DID I FEEL AFTERWARDS?

AFTER THE WEEK

One question is enough: on which days did I feel best after the news — and what was different about those days?

Being informed is a decision. Being flooded is not.



Psychology-informed printables for structure, clarity and everyday mental relief.

About This Printable



A GIFT

This mini printable is a free thank-you for subscribers of the North & Mind Studio WhatsApp channel. It may be used and printed privately — please share the channel, not the file.

THE IDEA

North & Mind Studio pairs psychological expertise with clear, reduced design — *grounded in psychology*. In the Etsy shop you'll find more in-depth workbooks on everyday topics like the weekly transition, mental load and boundaries.

ABOUT THE AUTHOR

Jessica Yasmine Iannelli Manser · lic. phil., psychologist FSP, specialist in emergency psychology SBAP · founder of North & Mind Studio. Alongside her psychological practice (www.footsteps.coach), she runs North & Mind Studio as her second business, combining her creative passion with professional expertise. She cares that the content is understandable, professional and scientifically grounded. The design is deliberately reduced so the practical, everyday benefit stays front and centre.

A NOTE ON LANGUAGE

For readability, examples use one gender form at a time — sometimes female, sometimes male. People of every gender are always meant.

PLEASE NOTE

This resource is intended for education, personal reflection and general wellbeing. It does not provide diagnosis, psychotherapy or medical treatment and is not a substitute for individual professional support. If you are dealing with persistent or acute symptoms, please reach out to a qualified professional — in an emergency, contact your local emergency services. Use of these materials is at your own responsibility; although they are carefully developed on a scientific basis, no specific outcome can be guaranteed.



Good to have you here.

4 von 4