

4 TOPICS TO JOURNAL OR DISCUSS

- Purpose: What's my purpose in watching the news? What sources help me?
- Effects: Before watching the news, take one full minute to scan your body head-to-toe. Do the same exercise after the news. Notice what's the same and what's different?
- Processing: Who am I processing the news with, and how does that help me? Who else could help me process?
- Balance: Our minds feel and remember the negative more than the positive. What can I do to keep a balanced mindset?