

## How to Stay Positive in a World Full of Negative News

It's no secret that the news these days can feel overwhelming. Every time you scroll through social media, turn on the TV, or check your favourite news app, it seems like there's another crisis, another conflict, another reason to feel anxious. And while staying informed is important, constantly absorbing negative news can take a real toll on your mental health.

So how do you stay positive when the headlines are full of doom and gloom? The good news (yes, there is good news!) is that you have more control than you might think. Here are some simple, effective ways to stay informed without letting negativity take over.

### 1. Be Intentional About Your News Consumption

Not all news is created equal. Some sources focus on fear and outrage because it gets more clicks and views. Instead of mindlessly scrolling, be intentional about where and how you get your news. Choose reputable sources that focus on facts rather than sensationalism. Further, set specific times during the day to check the news instead of consuming it constantly. This helps prevent the overwhelming feeling that negativity is everywhere, all the time.

### 2. Balance the Bad with the Good

Yes, bad things happen in the world, but good things happen too! The problem is positive stories don't always get as much attention. Seek out news that highlights human kindness, innovation, and progress. Websites like The Good News Network, Upworthy, and Fix the News share uplifting stories that remind us that the world isn't all bad. In the same vein, follow social media pages that celebrate acts of kindness, scientific breakthroughs, or inspiring individuals.

### 3. Focus on What You Can Control

A lot of news, especially the big, global issues, can make us feel powerless. But instead of dwelling on things beyond your control, focus on what you can do. That might mean focusing more locally, donating to a cause you care about, or volunteering in your community. Taking action, no matter how small, can help you feel empowered rather than hopeless.

### 4. Take Digital Detox Breaks

It's okay to unplug! Taking a break from the constant stream of information can do wonders for your mental health. Try a "no news day"



once a week or set limits on how much time you spend on news apps and social media.

## 5. Practice Gratitude

Gratitude is one of the best antidotes to negativity. When you focus on what's going *right* in your life, it shifts your perspective. Try keeping a gratitude journal or simply taking a moment each day to appreciate the little things, like a good cup of coffee, a sunny day, a kind gesture from a stranger. The more you look for the good, the more you'll find it.

## 6. Keep Things in Perspective

It's important to remember that the news is just a snapshot of what's happening, not the full picture. The world has always had challenges, but it has also made incredible progress. Crime rates have dropped in many parts of the world, medical advancements are saving lives, and people continue to show resilience and kindness in the face of hardship.

## Final Thoughts

You can't control the news, but you *can* control how you engage with it. By being mindful of your media consumption, seeking out positive stories, taking breaks, and focusing on gratitude, you can maintain a sense of hope and optimism, even in a world that often feels overwhelming.

So, take a deep breath, turn off the news for a little while, and remember ... there's still so much good in the world.

***NB: you are more than welcome to use this document and to share with others (in fact, I'd love you to do both). All I ask is that you do not make any changes, and that you reference "Dr Tim Sharp" and/or "The Happiness Institute" as the source.***

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