

Mindful Media

Throughout the day we will consume food and drinks, some healthy and others less healthy such as junk food and high sugar fizzy drinks. Just like we consume food and drink our minds consume media throughout the day. Television, social media, radio, music and newspapers all provide us with news, knowledge and entertainment, however, they can also cause stress and create anxiety.

Being mindful of media is not to label the media you are consuming as bad or good, it is just to notice that some media will be healthier for us than others.

Listed below are a few different ways to bring mindfulness to the media you are consuming.

- **Take time to consider what the impact may be of what you are choosing to consume.**
- **Ask why you are reading the news, is it to gain information, or is it fuel anger or frustration?**
- **Maybe the show you watch is loud or intense and is stimulating to your nervous system.**
- **As you consume media throughout the day, notice the response of the mind and body.**
- **If you are watching TV, mute the volume during the ad breaks to check in with yourself.**
- **When reading a news story, pause every few paragraphs. Watching for stress, anxiety, or increased energy in the body.**
- **Whether you are watching TV, reading news, or listening to the radio, try to be fully present with your experience.**
- **Consider time away from media, going for a mindful walk or spending time in nature can be a beneficial break.**

Mindful Media is about recognising the effects of your choices not labelling them, try a few of these different ways mentioned above to bring mindfulness to the media you are consuming to help ease stress and anxiety.

