

# How to Stop Reading the News



There's no more time-honored morning routine than sitting down at the kitchen table with the newspaper. **But I stopped reading the news because it made me anxious. And it made me anxious because it was outside my Circle of Control.**

## Benefits of quitting

1. **It helps you think more deeply.** News is like junk food. It keeps us hungry. Read longer-form content to feel inspired instead.
2. **It helps you be a producer, not a consumer.** The news trains us to be passive consumers.
3. **It makes you less anxious.** Quitting the constant stream of news negativity can help reduce anxiety.

## How to stop

- **Try 'pausing' the news for 7 days.** Quitting "cold turkey" can be tough because of ingrained habits. Instead, treat it as an experiment.
- **Make it harder to access.** Have a subscription? Cancel it. Have news apps? Delete them. Have a favorite news website? Download a browser extension to block it.