



Too much, constantly and unnecessarily fast - what you can do about the daily news bombardment

If you work on a computer or use a smartphone, you know what it's like. Permanently we are bombarded by all kinds of data. What once seemed to be an advantage - to have access to all kinds of information at any time, at any place, very fast - is now perceived by many as being too much. Even if you only would like to read your e-mails, you automatically receive a huge body of information, news and advertising "on the side". Human characteristics - your curiosity, your desire for community and belonging, or simply the need to have a "say" - are exploited by tempting you with emotionally charged images with lurid headlines. Once you have "fallen for" such a message, it leads with one click to the next and the next and so on. You can only avoid distraction from your original intention if you are aware of it and remain stubbornly resistant to seductions of this kind. These are the consequences:

- A lot of time can be lost, which you then lack for what is really important for you.
- No one has the time to consciously absorb all the inexorable onslaught of news, let alone to sort and assess it. If you feel overwhelmed, you are not alone.
- The overload, the fatigue and the unwillingness to constantly sort through the abundance of involuntarily received messages and to have to judge the content for truth and meaning for oneself tempts one to be lazy. Relying only on the "tried and tested" mainstream media is not advisable. While these used to report critically and objectively and present diverse opinions, today most are characterised by one-sided, mostly government-compliant reporting that neither presents nor discusses other points of view. The representatives of other opinions - if they appear at all - are placed unobjectively and perfidiously in "politically and socially incorrect" corners.
- The same danger also exists if you exclusively use other, equally one-sided media.
- Unsubscribe from newsletters that come too often or are too long. They strain your nerves and may even make you feel guilty "I didn't get around to reading that again...".
- You are not the only one at risk of addiction. If you have children of adolescent age, you need to be careful that they don't neglect their "real" life due to the abundance of news and get into trouble (1, in German language).

We are led to believe that technological progress and international competitiveness make it essential to be able to transport even more data in even less time and that, for example, we have to invest in technology that is harmful to health, such as 5G. This is not correct (2).

When it comes to your own decisions, you need silence in your head to hear the messages of your soul. It works where you have "poor reception" for the outside world. In nature, far from Wi-Fi and social media. This only works if you reduce the bombardment of information from outside and decide for yourself when, from whom and how often you want to receive information. Then calmly choose what is beneficial and beneficial for your mental, physical

and emotional well-being. What you want for yourself, your loved ones are also entitled to. The "Three Sieves of Socrates" are useful here: only if a message is true (verified), good (uplifting the other person) and useful (helpful) is it worth passing on.

I don't have a newsletter and only write my blog monthly. So you can decide for yourself if and when you have time for my "news". The blog usually appears in the first five days of a new month and is supplemented on the website by current news/links. Thank you for visiting!

Sources:

- (1) https://www.dropbox.com/s/dlsl4z2wl42ek4d/akom%2062021_Kinder_Jugendliche_Mobilfunk.pdf?dl=0
- (2) https://www.dropbox.com/s/4tpep357n592rul/062021Interview_Marko_Markov_engl.pdf?dl=0

Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, www.best-in-balance.de

