



Get a Grip: Mindful Media Consumption

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Agenda for tonight:

- Group Share
- News Values
- You're not alone
- Problems with news overload
- Mindful Media Strategies
- How to be informed without being overwhelmed
- Additional Tips
- Discussion and questions



Group Share

- Media you consume
- Topics you want to stay informed about
- How do you feel when you read/watch/listen to the news?
- What does the phrase “Mindful Media” mean to you?



“Think of your focus as a precious resource; protect it like a national forest.”

Ephrat Livni



News Values

aka why a story is reported:

Frequency

Health

Solution journalism

Prominence

Conflict

Change

Sex

Money

Danger

Proximity

Sentiment

Casualties



You're not alone:

Percentage of U.S. Adults who say the following things would be somewhat or a lot helpful to them in making decisions.

More people in their circle of family and friends who are knowledgeable about the issues they need to keep up with 73%

Training on how to use online resources to find trustworthy information 60%

Training that would help them be more confident in using computers, smartphones and the internet 54%



News Overload

- Quantity
- Divided Attention
- Anxiety
- Anger



Conscious Media Consumption

- Be curious
- Strike a balance
- Seek media in harmony with your goals
- Trust your intuition
- Expand your horizons



Conscious Media Consumption

- Know when to cut things out
- Note the consequences of your choices
- Don't get stuck in a rut
- Tell the media what you want
- Start small



Slow News Diet

- Step outside the 24-hour news cycle and carve out time for reflection
- Questions regarding consumption:
 - Why am I consuming this news?
 - What is the most effective way for me to consume news?
 - Do I want to act on this news?



Informed, not overwhelmed!

- Create a “Smart Information Filter”
- Practice selective ignorance
- Burst the bubble
- Find sources you trust
- Chill out
- Get off social media, turn off the TV and the radio



Use technology to use less technology

- Uninstall distracting apps and alerts from your phone (i.e. Facebook, Twitter, newsfeeds)
- Google Chrome plugins
 - Distractoff
 - Facebook Newsfeed Eradicator
- Apps:
 - Pocket
 - Flipboard
 - Nuzzle
- Library Databases
 - Library PressReader
 - Opposing Viewpoints



Additional Tips for Mindful Media Consumption

- Diversify your sources
 - Marginalized voices
 - Voices/sources you don't agree with
- Get as close to the source as possible
- Concentrate on the real issues, not the noise
- Practice reflective listening
- Be open to other viewpoints
- Find spaces to discuss the news and current events



Any questions?



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