

Fake News Real Problems

How the 24/7 News Cycle Impacts Your Mental Health





Farm

Kevin Stewart



Olympics

AGVISIONMedia.com

65% overwhelmed, 67% burnt out
by the news

Digital Third Coast

People who consume the most news
have the most skewed perceptions of reality

Journal of Health Communication



Asia's 'murder hornet' will arrive on East Coast and is 'here to stay': experts



“The deadly, meat-eating, murder hornet has been known to kill up to 50 people a year in Japan.”

New York Post





2020 Edelman Trust Barometer

The media is purposely trying to mislead people, saying things they know are false or a gross exaggeration.

Agree or Disagree?



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Agree or Disagree?

49% agree - 51% disagree



“The deadly meat-eating murder hornet has been known to kill up to 50 people a year in Japan.”

New York Post



“environment of information bankruptcy”

2020 Edelman Trust Barometer



“Journalists process raw data for the public debate.”

Knowlton Nash

“In seeking truth, you have to get both sides of a story.”

Walter Cronkite



My Focus

Q. Does news leave me more focused on what's important or does it represent mental clutter?

Q. Does news create a focus on progress or excuses?



Media Bias

Inflammatory Bias:
a distinct lean toward controversy

The New News Recipe:
Negative topic + inflammatory framing = emotional reaction



News Media Handling of Alar

“A complicated scientific issue was allowed to be decided, not by officials charged with protecting the public on the basis of hard evidence but by a frightened public acting on incomplete and often erroneous news reports.”

Washington Post

“Outrageous and completely alarmist”

Los Angeles
Times



“News tends to produce sadness and anxiety which releases the stress hormone cortisol, which is linked to cardiovascular disease.”

Graham Davey, Sussex University, UK

“News results in a fragmented sense of knowing what's real, which sets off feelings of hopelessness - experiences known to worsen depression.”

Psychology Today



Media and My Mental Health

“Most neuroses and some psychoses can be traced to the unnecessary and unhealthy habit of daily wallowing in the troubles and sins of five billion strangers.”

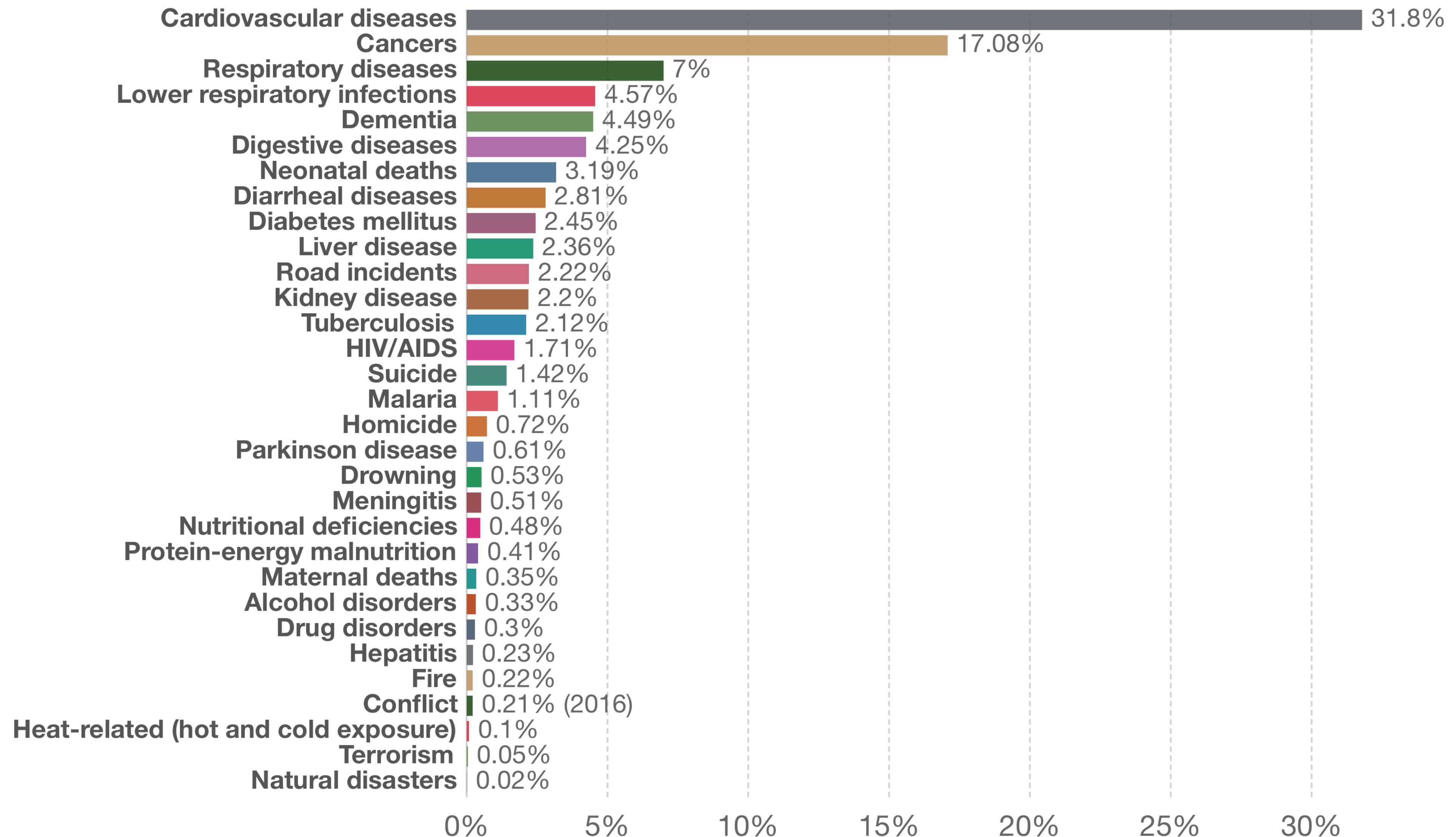
Robert A. Heinlein, *Stranger in a Strange Land*

Q. Do I feel more depressed or anxious watching news?

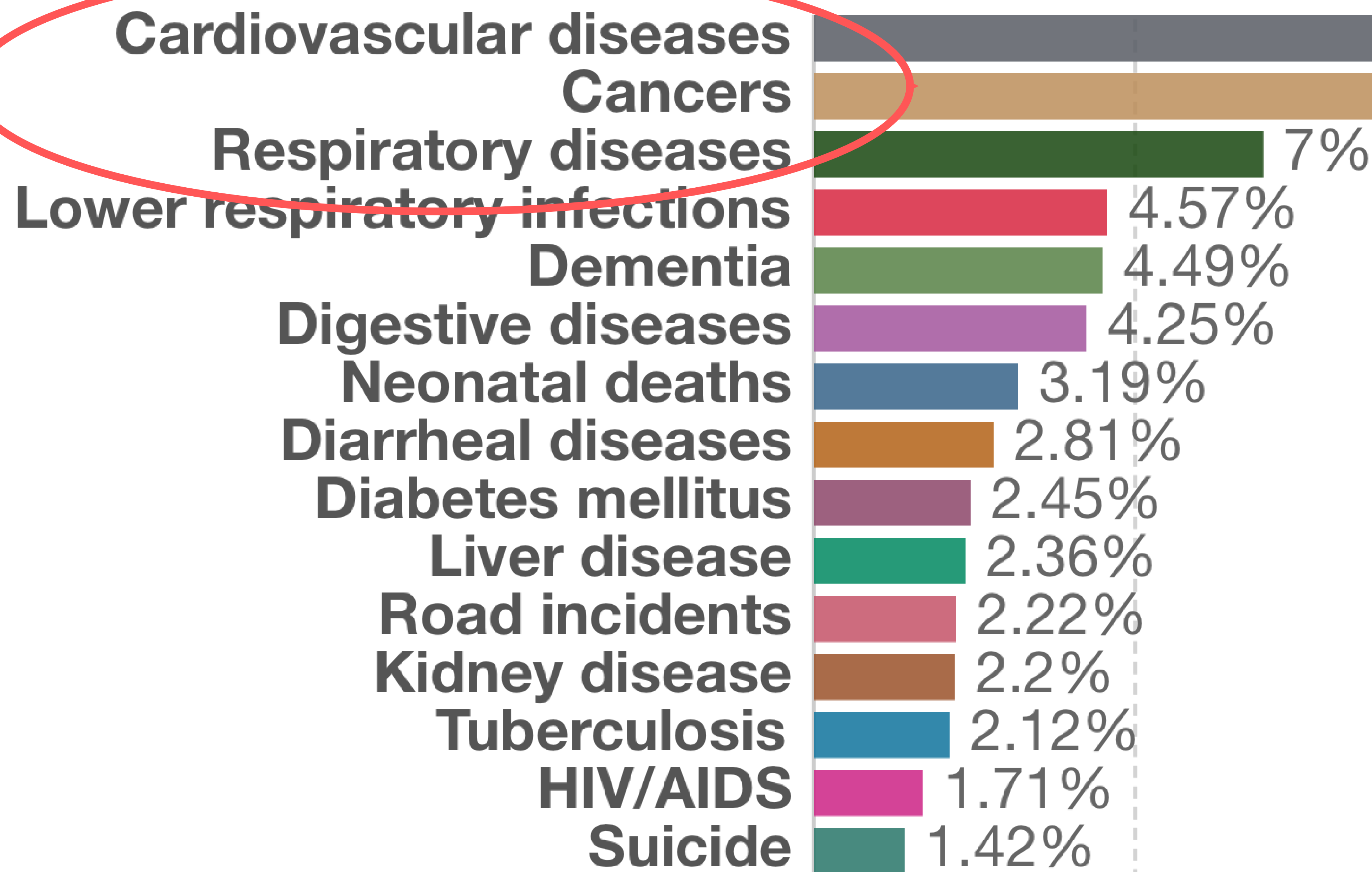


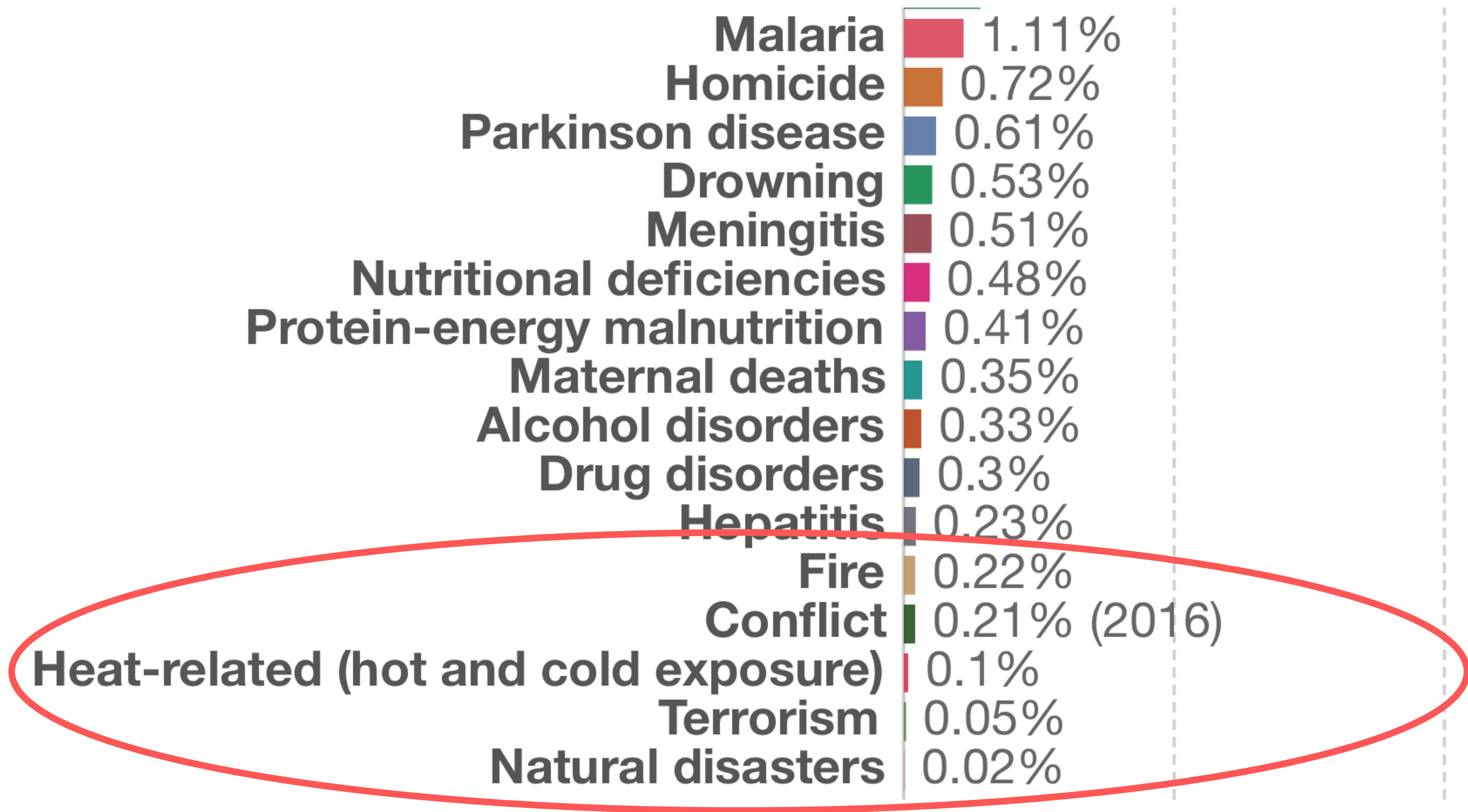
Share of deaths by cause, World, 2017

Data refers to the specific cause of death, which is distinguished from risk factors for death, such as air pollution, diet and other lifestyle factors. This is shown by cause of death as the percentage of total deaths.



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“People overestimate risks that are being talked about and remain an object of public scrutiny.

They are much more likely to fear personified dangers, than a statistic, like the number of people killed by cancer.”

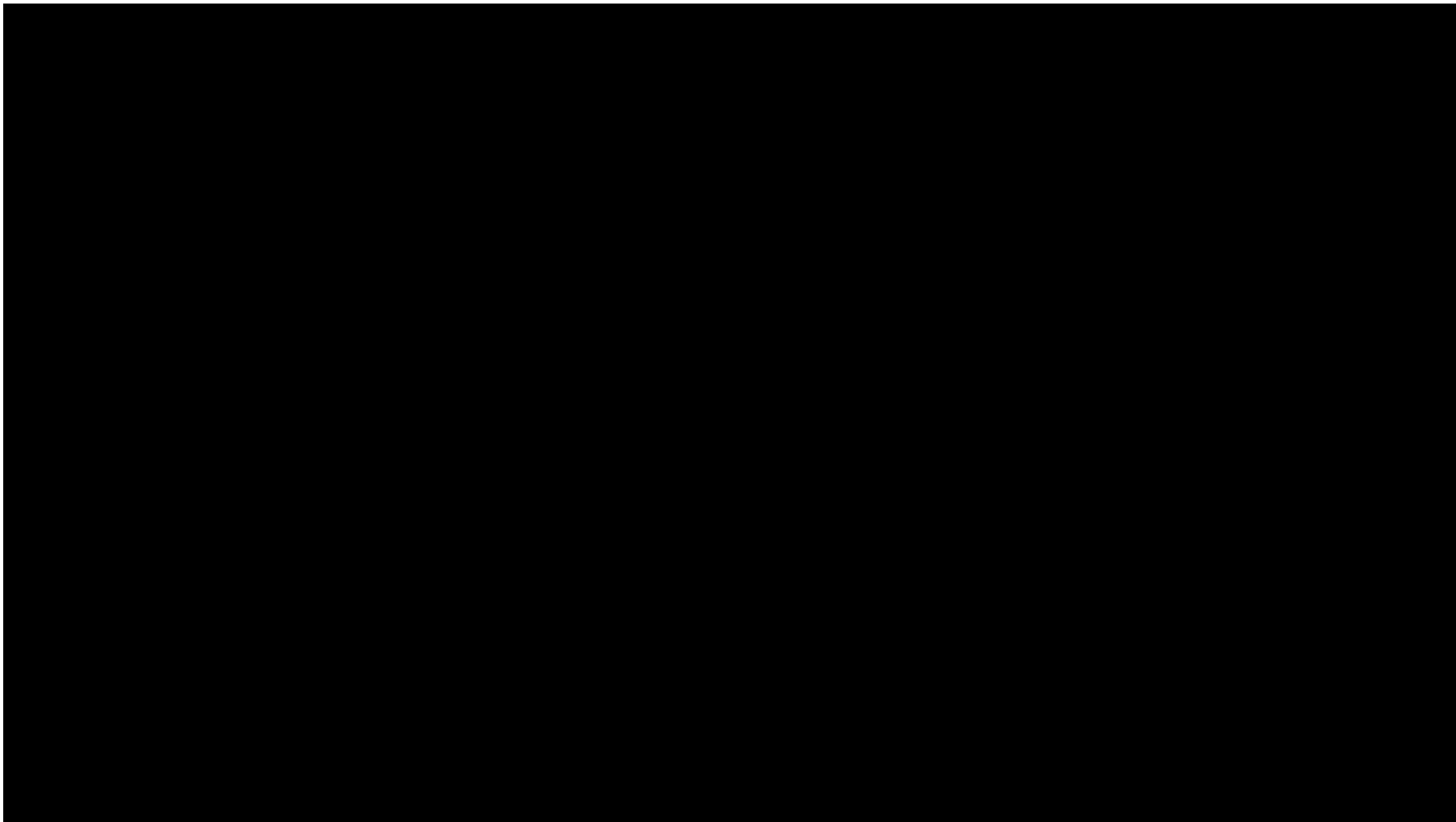
Bruce Schneier, *Beyond Fear*



My Mental Risk Map

Q. After watching news am I more rigid and opinionated in my views or more open and curious?





Fake News

A deliberate act to fabricate information
to inflame prejudice







Mother Jones

Smart, Fearless Journalism

POLITICS ENVIRONMENT CRIME AND JUSTICE FOOD MEDIA INVESTIGATIONS PHOTOS MAGAZINE

The Scary New Science That Shows Milk Is Bad For You

Evidence suggests dairy doesn't do a body good—so why does the government still push three servings a day?



Food accounts for more than half (54%) of the fake news stories

Fake News in Health

How to Identify and Manage Fake News

Incendiary language

Algorithms

Spelling & grammar

Never trust one source

Heard of the source

Selling something

Odd URL

Author

Date

About Us



My News Habits

Q. Do I use multiple news sources or just one or two?

Q. Do I only read news sources that I agree with?



“The brain responds to stressful events and negative news information as a threat and our nervous system kicks into fight or flight mode. You overwhelmed your mental health with negative, stress filled information and it crumbled under the weight of it all.”



My Media Diet

Never trust one source

Use airplane mode

Turn off notifications



My Mental Health

Q. After years of consuming news am I more:
creative, inspired, content, happy, wealthy,
successful, insightful, eager to learn?



A ship doesn't sink because of the
water that surrounds it
it sinks because of the water that gets inside





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AGVISIONMedia.com

AllSides™ Media Bias Chart

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The Media Bias Chart ®

Version 6.0

