**Doomscrolling Linked To Poor Physical And Mental Health**

Doomscrolling, or the tendency to continuously surf and scroll through bad news, has boomed since the beginning of the pandemic, but a new study found that those with “severely problematic” news consumption had higher levels of stress, anxiety and poor health. For some people, the more aware of bad news they become, the more they feel the need to compulsively check for updates in hopes of lessening their anxiety.

***The Guardian 9.5.22***

[*https://www.theguardian.com/society/2022/sep/06/doomscrolling-linked-to-poor-physical-and-mental-health-study-finds*](https://www.theguardian.com/society/2022/sep/06/doomscrolling-linked-to-poor-physical-and-mental-health-study-finds)