

Checking the News All Day Long

You wake up, and before you get out of bed, you have already checked the news on your phone. On the train, you read more headlines. At work, a news website is always open on your computer. By lunchtime, you have read about several crises, some financial news, and a political scandal. You have not done anything useful yet, but you feel like you have.

Most people feel a little guilty when they spend an hour watching short videos online. They know it is a waste of time. But spending an hour reading the news feels completely different. It feels serious. It feels responsible. It feels like something a smart, mature person would do. That is why so many people do not realize the truth: for many of us, checking the news all day is just a way to avoid doing real work.

This habit started to grow around 2014 to 2016. Before that time, people followed the news in a simple way. They read a newspaper in the morning or watched the news on TV in the evening. When they finished, they did other things. But then smartphones changed everything. News apps started sending alerts at all hours of the day. Social media showed both photos from friends and breaking news from around the world. The news was no longer something you looked for. It came to you, again and again, all day long.

This habit is very hard to break because it feels like a good thing. When someone checks the news every twenty minutes, they do not think they are wasting time. They believe they are "staying informed." The words we use make it sound important. No one uses such serious words to describe watching funny cat videos online.

A few years ago, people started using the word "doomscrolling." It means reading bad news on your phone for a long time, especially late at night. Many people heard the word and thought, "Yes, I do that." But doomscrolling sounds negative. More recently, people on the internet started joking about "monitoring the situation." This is the kind of language a government official might use during a crisis. The joke is popular because it shows how people now think about their news habit. They do not see it as a problem. They see it as being prepared and responsible.

Technology has made this habit much worse. Faster internet means news loads immediately. Apps learn what interests you and show you more of it. Now, artificial intelligence can even summarize the news for you in seconds. One website was built to look like a military control room. It shows more than a hundred live news and data sources on one screen. Millions of people started using it in just a few weeks. The creator called it a "noise machine," meaning it gives people too much information, not better information. But users said it made them feel informed and in control, even though they could not actually change any of the events on the screen.

This constant news checking has real costs. First, reading about wars, disasters, and crises all day creates stress. Many people do not notice this stress because it is always there. Studies

show that people who read too much news feel more worried, sleep poorly, and often feel that they cannot do anything to help. Second, people feel pressure to keep up. If you miss a big story, you worry that everyone knows something you do not. So you check more often. That makes you more stressed. Then you check again. It becomes a cycle that is hard to stop.

There is also the question of lost time. Every hour you spend reading headlines is an hour you did not use to read a book, see a friend, exercise, or simply rest. These are small losses, but they add up. At the end of the week, you may realize that you spent many hours reading about events you cannot change, and very little time on things that actually matter in your own life.

There is nothing wrong with following the news. But there is a big difference between checking the news once or twice a day and looking at it every few minutes. Before you open a news app, try asking yourself one question: "Will this information change something I do today?" Most of the time, the answer is no.

- 1) How many times a day do you check the news? Where do you usually read or watch it?
- 2) Do you get news alerts on your phone?
- 3) Do you think reading the news is more useful than watching short videos or scrolling social media?
- 4) The article says checking the news feels "serious and responsible." Do you agree with that?
- 5) How did you follow the news five or ten years ago? What is different now?
- 6) The article mentions "doomscrolling." Have you ever kept reading bad news even though it made you feel worse?
- 7) Some people say you need to check the news often to be a responsible person. What do you think about this idea?
- 8) If you stopped checking the news for one full week, what do you think would happen?
- 9) The article says people feel pressure to know the latest news so they are not left out of conversations. Have you ever felt this way?
- 10) What would you do with the extra time if you spent less time reading the news each day?

Headline	(n)	the title of a news story, written in large letters at the top	I read a few headlines on my phone before breakfast, but I did not read any full articles.
Crisis	(n)	a serious problem that needs attention right away	The hospital did not have enough doctors, so the government declared a health crisis.
Scandal	(n)	something a person or group did that shocks people and makes them angry	The politician lost his job after a scandal about stolen money.
Waste	(v)	to use time or money on something that has no good result	I wasted two hours looking for my keys, but they were on the table the whole time.

Mature	(adj)	behaving in a sensible and responsible way, like an adult	She handled the bad news in a very mature way and did not get upset.
Avoid	(v)	to stay away from something or to stop something from happening	He tried to avoid his neighbor because he did not want to talk about the argument.
Long	(adv)	for a large amount of time; used to show that something lasts a long time	She waited all day long for a phone call that never came.
Stay	(v)	to continue to be in a certain state or condition	It is hard to stay positive when things at work are not going well.
Informed	(adj)	knowing about what is happening in the world or in a subject area	He reads the news every morning because he wants to stay informed.
Doomscrolling	(n)	reading a lot of bad news on your phone for a long time, usually at night	Her doomscrolling habit meant she could not fall asleep until very late.
Monitor	(v)	to watch or check something regularly over a period of time	The nurse came in every hour to monitor the patient's temperature.
Load	(v)	to appear on a screen after you click on it; used for websites and apps	The page was slow to load, so I closed it and tried again later.
Constant	(adj)	happening all the time without stopping	The constant noise outside made it hard to sleep.
Disaster	(n)	a sudden event that causes a lot of damage or suffering	The storm was a disaster for the small town near the coast.
Poorly	(adv)	not well; in a way that is below a normal or expected level	He slept poorly the night before the exam and could not think clearly.
Keep up	(phr v)	to stay at the same level as others or to know about the latest news or changes	There is so much news every day that it is hard to keep up.
Cycle	(n)	a set of events that happen again and again in the same order	Stress makes it hard to sleep, and bad sleep causes more stress, so it becomes a cycle.
Simply	(adv)	just; nothing more than; used to show that something is basic or easy	After a long day, I wanted to simply sit on the sofa and do nothing.

Add up	(phr v)	to slowly become a large amount over time	You only spend a little money each day on coffee, but it adds up by the end of the month.
Matter	(v)	to be important	It does not matter what time you arrive, just let me know when you are on the way.

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