



**Second Quarter 2022**

---

### **Put the News on Time Out**

By and large the media conforms to the belief that bad news sells. People are more likely to watch or read about controversy or disaster news. Toss in an election year, guaranteed to be full of fearmongering, and immersing yourself in the news can become bad for your health.

Studies of viewers over the last two pandemic years have shown that watching news of physical and social disasters leads to a form of post-traumatic stress disorder (PTSD), complete with symptoms of depression, anxiety, stress reactions and substance abuse. Rather than thinking for ourselves, we begin to follow the herd, reacting to coverage of the news rather than the actual news itself.

This is why it is so important to take time off from the news, ramp down the social media and turn up time with family and friends. Rather than reacting to media coverage, research information. Look for competing viewpoints. Read history. Find a good book. Go for a walk. Invite someone you would like to know better to lunch.

Don't let a crazy world drive you crazy. Let's make 2022 a year we look back on and think ... "All things considered, it was a pretty good year."

---

Brian R. Carruthers, CFP, CMT

**BRIAN CARRUTHERS & ASSOCIATES**

---

Your Conservative Advisory Firm Since 1990  
301 Forest Avenue  
Laguna Beach, California 92651-2115 USA  
Telephone: 1-949-464-1900  
[www.gobcafunds.com](http://www.gobcafunds.com)  
[brian@gobcafunds.com](mailto:brian@gobcafunds.com)