**Get a Grip: Mindful Media Consumption**

**Skokie Public Library**

**March 28, 2018**

**Conscious Media Consumption:**

* **Be curious**
* **Strike a balance**
* **Seek media in harmony with your goals**
* **Trust your intuition**
* **Expand your horizons**
* **Know when to cut things out**
* **Note the consequences of poor choices**
* **Tell the media what you want**
* **Start small**

**Slow News Diet:**

* **Why am I consuming?**
* **What and how am I consuming?**
* **Do I want to act?**

**Smart Information Filter:**

* **Practice selective ignorance**
* **Burst the bubble**
* **Find sources you trust**
* **Chill out**
* **Get off social media**
* **Go dark**

**Technology Tools:**

* **Plug-ins:**
  + **Distractoff**
  + **Facebook Newsfeed Eradicator**
* **Apps:**
  + **Pocket**
  + **Flipboard**
  + **Nuzzel**
* **Library Databases:**
  + **Library PressReader**
  + **Opposing Viewpoints**