Why minimizing mainstream media consumption is a good idea

- Mainstream media is mostly negative and fear-based. If you consume too much, it can affect your mental state and quality of life.
- Investigative journalism seems to be a dying skill. Journalists are often told what to write and say and have little control over the story's direction.
- MSN depends on views and clicks. If we minimize our consumption, they will be forced to change their tactics.
- The last 2.5 years have clearly shown bias regarding the covid narrative and the government's handling of the pandemic. Journalists and experts voicing different opinions were fired, vilified, and censored.

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