

# **INFORMATION OVERLOAD!**



**Information Overload is a serious issue!**

- **UNPLUG!**
- **Turn off notifications**
- **Use caution with social media**
- **Avoid your phone before bed**
- **Schedule times to look at news**
- **Consider information sources**
- **Understand the effects you feel**

**NEWS FLASH**

**BREAKING NEWS**

**LIVE**