

## News Burnout

V1.0      Date: 15.June 2026

Maybe you feel like millions of your fellow human beings, you are tired and no longer have the urge to watch or read the news!? Especially in recent years, we have read masses of statements about the fact that this sensationalism gets on the nerves of many, that readers/viewers simply can't stand it anymore and it even makes them sick.

News burnout! From all sides, we are bombarded with negative headlines and texts every minute. Not a day goes by without hundreds of negative reports. Murder, rape, fraud, money, bans, censorship, data theft and countless other topics flood us, so that there is hardly any time to breathe a sigh of relief. We have the impression that this type of news transmission, which is mainly about achieving higher ratings for the broadcasters, not only frightens many people, but also makes them despondent and ill.

Sensible information about what is happening in the world should be done at a level that can benefit the population, not the opposite. When we prepare a dish or read a book, normally no one wants to be harmed. The same goes for news, no matter where it comes from or which channel delivers it. In this way, important topics can sink into invisibility because people increasingly no longer want to see the news. This is exactly the opposite of what information about news channels is supposed to achieve – to inform as many people as possible in a meaningful way.

News channels often advertise that they are "ruthless", "independent", "always up-to-date", etc. Above all, the word "ruthless" worries us. Not only is the viewer/reader and listener relentlessly maltreated with creepy headlines, he also becomes more and more numb. Every person resigns at some point when he is constantly and every day of rape, murder, he will soon have no more money, everything goes down the drain... listens and reads.

Even in comedies, the same topics are discussed as in the news. Many people no longer have a balance to the negative headlines. They are mainly concerned with anxiety and overload due to this negative flooding. This, in turn, has a negative impact on all areas of life. Work, family and also leisure. Everything is affected, as well as the psyche and the brain. An additional shortcoming is the lack of learning effect in news. What could be better than learning about the daily reports, reports, etc.?

Example headlines:

- We finance the large number of children of large Arab families.
- My thoughts are with the victims and their families.
- Right-wing extremism is the greatest danger to our democracy.
- Afghan import.

- Now the system sends water cannons and armored police cars.
- Headcutter in Belfast.
- Knife victim Henry Nowak.
- Small hard-core Muslims are growing there.
- Bombs for Greater Israel.
- Rape covered up!
- Today's minimum wage earners are tomorrow's food bank customers.
- No money for seniors.
- War!

Example statements from viewers/readers/listeners:

- I don't dare to go out in the evening.
- I'm afraid in public places.
- I can't hear it anymore.
- I don't want to see that anymore.
- I am too sensitive for this world.
- I can't sleep anymore.
- After watching the news, I am totally restless.
- I am now undergoing treatment for the anxiety.
- Suicide because of social media.
- Suicide due to psychological pressure.

How should messages be delivered?

1.

Perpetrators, regardless of the offense, should be addressed directly. No identity is required for this.

An example of a learning effect is to give the perpetrator certain information: he has acted wrongly, this may not be his sole fault, but the origin could be rooted in his upbringing or his environment. Many perpetrators are themselves victims of their parents or other family members. In one country, children constantly hear 'whites are scum', while in another country, 'blacks are scum'. People who have been drummed into such things for years, especially by their own parents and friends, eventually consider this to be true. Acts of violence are often inevitable. Education is the most important thing, for perpetrators and victims!

Permanent overstimulation with a high negative factor is the reason for many illnesses of people and not infrequently for suicide! Sensitive people have an even harder time, they take negative news more to heart than others who are rather indifferent and have little empathy. This leads to the assumption that today's news harms particularly sensitive people and produces more jaded people. This is another point that cannot be in the interest of humanity.

2.

The media bear responsibility

Many do not seem to understand this and put their urge to be seen and read

more themselves first. Constructive reporting should include real education where everyone learns something. Message bearers who are themselves negative and above all have anger in them usually also write angrily and relentlessly. Assertiveness is another negative trait that has overwhelmed many news channels. A responsible job is not about being "ruthless", but about doing something good, not bad, reaching many people and providing factual information. Precisely because many do not realize that headlines and news only reflect a fraction of what really was or is going on in the world, it is so important to integrate a positive anchor so that people can breathe.

Victims, perpetrators and third parties should be informed in all messages in such a way that no more fear is spread than is already present. This does not mean that criminals and criminals should be praised, on the contrary, they must receive their just punishment. Not to forget, and following on from our previous statement about parents and the environment in which people grow up, perpetrators are almost never solely to blame for their actions! Nor is a politician who lets people from an Arab country into his country not responsible for the actions of the Arabs. He may be partly to blame if he can assess their character and deliberately migrate them because he hopes they will riot and cause trouble.

In other words, people in every country have a responsibility. Parents, grandparents, their parents, etc. towards their children, sisters and brothers and other family members, friends, the government towards the inhabitants of the country, etc. It is at the source that we need to improve, not in another country and several years later. Misguided people will usually behave incorrectly. In fact, these people are also victims.

3.

The Positiv Note

Every headline, no matter how negative, should be equipped with a positive note. Sowing or promoting discord is counterproductive. "Hard-core Muslims", "right-wing extremism...", "No money for seniors"... These statements do more harm than good, because the following text in the article continues in the same way. For example, if the text reads: "The Muslim perpetrator is a victim of the same system. We do not know his past, but we would like to tell him that he is not solely to blame for his actions, but we ask him to turn himself in so that he can do his part of the reparations. Imagine your sister, girlfriend, mother... what you have done is happening in your country..."

The message should also contain sympathy for the victim, but no text that drives a wedge into society. In the example headlines there are some that are simply wrong. Let's analyze some of them.

- Headcutter in Belfast.

Analysis: As far as is known, no one's head was cut off there.

- Today's minimum wage earners are tomorrow's food bank customers.

Analysis: Who knows what will happen to individuals tomorrow or in 1-2-3 years, or whether all minimum wage earners will become food bank customers?

- Right-wing extremism is the greatest danger to our democracy.

Analysis: Are there only right-wing extremists or also left-wing extremists? And what about the extremely personality disordered? What about the ideological extremes. There are countless extremes and none is more harmless than the other.

- War!

Analysis: Better to go warmongers to do something than to see war as normal or even to participate.

4.

Furthermore, a note at the end of a message announcement can provide a kind of relaxation, for example by pointing out that it helps to talk about what happened with the family or to occupy yourself with something pleasant. It is better to start at the root, as in the previous example, to avoid stirring up discord, to insert positives and learning effects. As you can see, it is high time to do something about the negative in our world. News makes up a large part of our lives and influences them to a large extent. If we get sick more as a result than they benefit or enlighten us, it is long overdue to change something. Communication is our most important tool and we don't use it the way we should.

The way we transmit messages today is similar to advertising. The advertising slogans are usually exaggerated to wrong, something is to be sold, and this is exactly where the problem lies. More visitors/ratings, more revenue. The meaningfulness is dragged through the mud. If you're going to pull through the mud, please with a positive note and with meaning.

©Louis Melloy

All text, layout and design are the intellectual property of Louis Melloy. Copying, even partially, is prohibited and only permitted with written permission and signed by hand by the author. Louis Melloy is a manager and author of numerous books and writings. Among other things, he has worked at the EU Commission, in universities, chemistry, rubber and semiconductor industries, at an airline, insurance companies, newspapers and in the field of telecommunications.

It is not allowed to scan with AI-tools and use of any purpose.

<https://louis-melloy.artdesign88.org>