



Health & Lifestyle

Experts caution that the constant habit of scrolling through negative news, known as doomscrolling, is reshaping how the brain works and driving up anxiety among young professionals.

Each alarming update online acts like a reward, pushing the brain to seek the next headline and trapping users in a cycle. This pattern overstimulates the amygdala, making fear responses stronger, while weakening the prefrontal cortex, which controls focus and decision-making. The hippocampus, tied to memory and emotional stability, also gets strained.

Psychologists note that our natural tendency to focus on threats, combined with the fear of missing out, makes people more vulnerable to this compulsive behavior, which in turn erodes mental clarity and balance.