



**yocal**  
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## How to Stop Doom Scrolling Like a Local

A LOCAL'S GUIDE TO STEPPING AWAY FROM THE SCREENS

If anyone asks me where I was on a day that an important event in history happened, I can pretty confidently give a blanket answer of, "I was staring at my computer". If it happened within the past five or so years (who am I kidding, mostly the last year), I was probably breathlessly scrolling through my news feeds, devouring numerous articles and chomping down on long lists of comments made by people whose education background was the "Hogwarts School of Witchcraft and Wizardry".

So, I bet you can guess where I was on Wednesday, January 6th, 2021 when a buncha flag-waving toothless furries stormed our nation's capital. I can't even tell you how brightly my face glowed against the electromagnetic blue rays of my computer. I needed coverage of the coverage of the event: every point of view, every word of mouth, every ravaging comment from students of Professor Albus Dumbledore.

No wonder I forgot to eat lunch, I was busy eating other people's viewpoints.

At the 11th hour of my breaking point, I stopped. Mostly because my dog needed a walk, but also because I realized I was rereading the same articles over and over. I had educated myself on the event hours ago and now it was just speculations, opinions and comment fights that honestly, didn't really matter. What good will it do to know who was looking at rugs during the attack, how someone responded to the insurrection on Twitter, what that guy's tattoo meant and why were his teeth missing? I stopped reading because I already knew.

I already know who instigated the violence and I am pretty sure I know why that guy's teeth were missing. I've known these things since 2016 and frankly I'm getting bored reading about it. What I'd like to read about is action, consequences and change. Before that happens though we all keep "doom scrolling" the internet because it is super addicting and honestly it's kind of exciting. We all want to be on the front lines of this political circus crash; we are all "fast news" rubberneckerers at heart.

Yes, it's important to stay educated and the internet can be useful and informative. So many good things can be found, but right now the internet is oozing with as many toxins as that self-sabotaging drama addict friend that endlessly complains about everything and won't do anything about it--and girl, I'm up to my ears hearing about your drama. Perhaps it's time to find a professional to talk to.

Hopefully soon though, the internet, along with the United States, can find a wonderful therapist. But in the meantime, may we all intelligently inform ourselves, take action when we can and then lightly step away from the glowing electromagnetic radiation of our personal devices.

### Things to do instead of Doom Scrolling

**G**et a new hobby. Make some jewelry from all the great pieces at **Beads and Beyond**. Learn an instrument from **Stillwater Music**, **iAM Music** or **Hideaway Ukulele Studio**. Learn to golf at **Hillcrest Golf Club**. Get a puzzle from **Joyful Nook Gallery**.

### Explore close to home.

Rent an adventure van from **VanGo Durango** and ask **Visit Durango** for tips on where to roam. Don't have a set of wheels? **Road Runner Transit** can take you on a day vacay. **Mountain Waters Rafting & Adventure** will probably make you forget about the internet and **Duranglers Flies & Supplies** can take you out on any river excursion for a day. Not looking for water drama? **Durango Nature Studies** and **Durango Trails** will keep you safe, happy and entertained on land.

### Do something good for you and the environment to detox and offset those internet drama toxins.

Head up to **Fort Lewis College Environmental Center** (when it's open) and check out all the cool stuff they're up to. Interested in that program? You'll probably be interested in **Shaw Solar** then, too.

When you're feeling low, or getting low, refill at **WeFill** or grab a bite of **Sarvaa Superfood**. Have food leftovers or maybe you want to garden to pass the time? Compost with **Table to Farm Compost**. Need a way to get around to do all these cool green things? Rent a bike at **Roll Door-to-Door E bike Rental**.

### Get moving to boost those endorphins calm the f\*\*\* down. The Sweaty Buddha, Yoga Durango, Pilates Durango.

### Redecorate a room in your house.

Get some nic nacs and new furniture from: **There's No Place Like Home**, **Tippy Canoe**, **Urban Market**, **Supernova Furniture & Sleep Gallery**, **Second Time Around**, **ReLove Consign & Design**, **Animas Craft Woodworks**, **Artesanos Design Collection**, or **Habitat for Humanity Restore**

### Or, Heck, remodel the entire house.

You can try to do it yourself. **Target Rental**, **Stoneage Inc.**, **Southwest Appliance**, **Smart Enterprises**, **Handcrafted House**, **Kreogers Ace Hardware**  
Or you can get a pro: **Mantell-Hecathorn Builders Inc**, **Brookie Architecture and Planning**, **Home Builders Association of Southwest Colorado**

### Pick up a book, read bona fide local news, listen to a local radio station. All (hopefully) free of drama.

Read **The Durango Telegraph**, **Durango Magazine**, **The Durango Herald**, **E.P.I.C. Tribe magazine**. Get a book from **Maria's Bookshop**. Listen to **KSUT Four Corners Public Radio** and **Southern Ute Tribal Radio**, **KDUR FM** and feel good about it for the rest of the day.

-JENNAYE DERGE

