

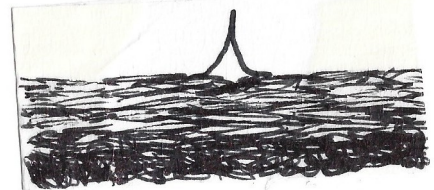
IT HELPS PROTECT
YOU FROM MANIPULATION
AND MENTAL JUNK

IT'S BUILT FROM
CURIOSITY
DOUBT
REFLECTION

YOU HAVE A
MENTAL IMMUNE SYSTEM

THESE BAD IDEAS
OFTEN COME WRAPPED IN
★ FEAR
★ CERTAINTY
★ ANGER
★ "US vs THEM" STORIES

THEY GET INSIDE US
AND CHANGE HOW WE
SEE THE WORLD.



CLEAR.

IT'LL MAKE YOU
WON'T MAKE YOU COULD-
THINKING LIKE THIS

IS THIS ALL EMOTION
AND NO EVIDENCE?
COULD I BE WRONG?

ASK YOURSELF:
WHO WANTS ME TO
BELIEVE THIS?

YOUR BRAIN TAKES
IN SIGNALS ALL DAY—

- NEWS
- MEMES
- ADS...

NOT ALL OF IT
IS GOOD FOR YOU
SOME OF IT STICKS
WITHOUT YOU REALIZING IT
AND
THAT'S HOW
BAD IDEAS SPREAD.

YESTERDAY.

JUST BETTER THAN
BETTER THAN OTHERS.
THIS ISN'T ABOUT BEING

ATTENTION.
IT MEANS YOU'RE RAVING
SMARTER.

MENTAL IMMUNITY
DOESN'T MEAN YOU'RE

MENTAL

IMMUNITY

SOME IDEAS HELP US.
SOME IDEAS INFECT US.

THIS IS A QUICK
GUIDE TO SPOTTING
THE DIFFERENCE

BUT EACH TIME YOU
PAUSE + QUESTION,
YOUR SHIELD GETS
A LITTLE STRONGER.

WE ALL DO.
YOU'LL STILL FALL
FOR THINGS SOMETIMES.

YOU FOUND THIS...
MAYBE IT FOUND YOU TOO.

WANT MORE?



<https://signal-to-noise.neocities.org>

MORE SIGNALS.
LESS NOISE.