ñUnfortunately, doomscrolling has worsened during the pandemic because people are hypervigilant for danger and are more likely to seek information in hopes of finding a way to control the problem,ò she explained. ***More at Healthline.com***

Now that you have a Willamette account (see Vol. 25 of the newsletters), hereôs a way to combine your emails into one Inbox and not have to switch accounts back and forth - or worse, miss something!(G

Virtually all standard email programs that come with your computer, be it a Windows PC, Mac, iPhone, iPad, or Android, have the ability to add more than one email account.

1. Open the email program (app).
2. Click on Accounts (left menu bar, or top menu)
3. ñAdd accountoor click on one of the common email clients (Google, Yahoo, iCloud, Other). The WU emails are a Google (Gmail) account.
4. After select]s heplr, yot ilu re icnee