

## Safeguarding Your Mental Health from the Harmful Effects of Western War Propaganda – Ten Top Tips

By

Geoffrey Roberts FRHistS, MRIA  
Emeritus Professor of History  
University College Cork

1. Beg, borrow, or buy a copy of Robert H. Thoules's *Straight and Crooked Thinking*. Pay particular attention to the sections on the manipulative use of emotive language ('Russia's unprovoked, criminal, aggressive and genocidal war on Ukraine'), diversionary arguments ('you can't negotiate peace with an indicted war criminal') and drumbeat repetition ('Ukraine has won, is winning and will win the war').
2. Beware bait and switch articles. Promising pieces with headlines like 'in reality, the Ukrainian are losing' or 'West exaggerates Russian losses' often turn out to be Neocon op-eds arguing for all-out western military support for Ukraine whilst blandly asserting that Putin would be crazy to escalate the war.
3. Get into the habit of scanning articles about the war before reading them. If you espy the words 'Hitler', 'appeasement', 'Munich' in the same piece - bin it, unless it is written by a trustworthy historian with the initials GR.
4. Unsourced casualty claims from the Pentagon or the British MoD are a no-brainer: simply divide those for Russia by 10 and multiply those for Ukraine by the same factor.
5. Keep to hand a stack of old Ritter and MacGregor interviews predicting that a storm of Russian armoured steel will soon sweep all before it and bring the war to a rapid conclusion.
6. When things are going badly for the Russkies, mute the sound on reports from Weeb Union and the Military Summary Channel. Then close your eyes and re-imagine the meaning of all those little arrows flickering across the screen.

7. When things are going really badly, restrict your YouTube viewing to Alexander Mercouris's nightly vlog. Nothing is more reassuring than Alexander's dulcet tones reminding us for the umpteenth time that he is not a military man before launching into a lengthy explanation as to why a 50-metre advance by the remnants of the Azov Brigade may not be as strategically significant as some panic-mongering Russian bloggers would have us believe.
8. Goebbels was wrong. The Big Lie is not the most effective propaganda: it is the cumulative effect of little lies, evasions, distortions and misdirection. The best antidote is a daily dose of Responsible Statecraft supplemented by a generous dollop of Naked Capitalism, Moon of Alabama and Antiwar.com.
9. If you don't read Russian, invest in a machine-translation programme that will enable you to follow Strana.UA's sane and sensible coverage of the war.
10. Subscribe to a curated list of links that – at no cost to you - filters out the most mentally damaging western war propaganda.

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