

TIPS FOR WHEN THE NEWS STRESSES YOU OUT



SET FIRM TIME LIMITS:

If you do feel the need to see the news, set a time to stop regardless of what you might be seeing. For example, if you say you are consuming (either listening, watching, or reading) news for 20 minutes, set an alarm to make sure you stop on time.



SET BOUNDARIES:

It's important to let others know that you may not be comfortable talking about current events. You do not have to talk about the news if you don't want to. If someone insists on wanting to talk, you can say "I choose not to look into the news that would make me upset right now. I know it's good to stay updated, but I want to take care of myself first."



CHANGE UP YOUR SOCIAL MEDIA FEED:

Don't be afraid to unfollow different sources on your social media feed. If a friend continues to post negative news and you don't want to completely unfollow them, you can mute your notifications, even just temporarily, to help limit what you are seeing. Try to like or follow positive posts like inspirational quotes or cute animals that you're interested in. If all else fails, take some time to unplug and step away from social media, even for a day.



TRY NOT TO CONSUME NEWS BEFORE BEDTIME:

Headlines can cause you to worry and lose necessary sleep. Sometimes during breaking news, it may be difficult to get away from updates, but it's important you give yourself space to digest the headlines and wait to digest the story until the next day. If you have heard some upsetting news before bedtime, find another activity for the evening such as reading a book or connecting with family.



MAKE AN EFFORT TO FIND GOOD NEWS:

With all the negative news, it's important to find good news too. Find websites or social media profiles that feature positive and inspirational news stories.

A SMALL ACTION IS ALL THAT'S NEEDED TO MAKE A CHANGE

When things are happening all around the world, it may be easy to forget that you can make a change in your local community. Here are a few ways to get involved:



Volunteer your time



Donate to causes that give aid



Socially connect with isolated individuals



Thank frontline staff in your community

It's normal to feel anxious or stressed when witnessing potentially traumatic events. When the news stresses you out, it's important to prioritize taking care of yourself. Don't forget...



You are not alone!

