



# Read the news without stress

Staying informed about current events can feel like all bad news. News media mainly highlight the challenges the world is facing. Hearing about all the negative things taking place can trigger stress and burnout.

Being informed on local and world news is important. But, you are not designed to carry the weight of the world.

## STAY ON TOP OF RECENT EVENTS WITHOUT STRESSING OUT



### READ INSTEAD OF WATCHING

Videos and visual images can cause more stress than simply reading the facts.

### LIMIT NEWS SOURCES

Choose one or two reputable sources for the news. Remember, the news posted on social media is often designed to rile you up and shouldn't be your first source.

### FOCUS ON THE POSITIVE

Like Mr. Roger's mother said, look for the helpers. Yes, bad things happen, but good people rise to the occasion.

### TAKE CARE OF YOUR HEALTH

Engaging in healthy habits makes you more resilient to stress. Get enough sleep, move your body, and eat a healthy diet.

### TAKE A BREAK

If you notice stress or preoccupation with the news rising, it's a good idea to step away for a few days or a week or more.

### FIND SUPPORT

If you are feeling overwhelmed by what's happening in the world, get the help of a support group or licensed therapist.