

HOW CAN WE PROTECT OUR MENTAL HEALTH?

So, what can we do to support ourselves and each other in the face of negative news coverage?

- **Identify your triggers.** Take some time to think about what subjects stir symptoms of anxiety and depression. Some people may be more reactive to global conflict while others may feel more affected by racial injustice. Once you've figured out what has the strongest impact on you, you can limit your consumption of media with triggering content.
- **Try reading the news** instead of watching video, as [studies](#) show this can be less triggering, in part due to less disturbing imagery with written articles.
- **Limit your time with the news.** Doomscrolling might help you feel more informed about how to protect yourself from the troubles of the world, but it ultimately does more harm than good. Aim for no more than 30 minutes per day if possible.
- **Plan an enjoyable activity after taking in the news,** like engaging in a hobby, to decompress.
- **Take action by [getting involved with a group](#)** that is working on the issues that you are most passionate about. This can help you feel empowered to make change instead of feeling helpless about the world around you.
- **Join an affinity group.** Affinity groups are supportive communities of people who share a common identity, often including their allies. These groups can help foster resilience and create solidarity during times of prejudice or injustice, especially for people from BIPOC, LGBTQ+, or other minoritized groups.
- **Be mindful of your sources.** Sometimes what feels like news can be more based on opinion than facts, so where you get your news can make a big difference. Make sure the information you're getting is accurate and provides a variety of perspectives.
- **Enhance optimism** in your life by doing more of what brings you [joy and satisfaction](#). Some examples include: [social activities](#), [spiritual practices](#), [physical movement](#), mindfulness, creative hobbies, journaling, and gratitude practices. Or, it could be something simple like spending time with a pet.

It can feel hard to escape from the chaos of constant news coverage. While some groups are impacted more significantly, the long-term effects on all of us can include desensitization to such events, as well as [a reduced ability to cope with the stressors of everyday life](#).

If you still feel sad, worried, or scared after trying to help yourself, you might be showing the early warning signs of a mental health condition.

Visit mhascreening.org to take an anonymous, free, and private mental health test. It only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting HELLO to 741741.