

WAYS TO AVOID HEADLINE ANXIETY AND COPE WITH THE NEWS

The more we try to keep up with the latest breaking news, the lower we often find ourselves feeling. Discover how to stay informed and maintain your own sense of happiness and calm too.

1 NOTE YOUR MOOD

Be aware of how the news is changing your mood, behavior and thoughts as you watch, read or listen. If you keep finding that one topic or outlet is getting you down, make the decision to move away from it – being aware of what is causing us stress and low mood is the first step towards change.



2 TURN OFF NOTIFICATIONS

Switch off all breaking news notifications on your phone to stop them interrupting your day. Why not delete news focused apps altogether? This will mean you have to be more deliberate when seeking out the latest stories.

3 SWITCH OFF AND DO SOMETHING DIFFERENT

Take Suzy Glaskie's advice and, "have stretches where you just switch off from the whole circus. It will still be there when you get back to it! Use that time you would have spent watching the same news updates on a loop to do something that makes you feel good: whether it's putting a mindfulness app on, going for walk in nature, playing with your pet, cooking a nice meal or soaking in a bath. Remind yourself that this is not happening to you and that you are safe. Taking long deep breaths, with a longer exhalation, will reset your nervous system and signal to your brain that you are safe."



4 BAN NEWS FROM THE BEDROOM

Avoid checking the news, or listening to bulletins, first thing in the morning and right before bed. This will stop it putting a downer on your day or keeping you awake at night. Instead, designate a specific time to read, watch or listen to the news.

5 IT'S OK TO AVOID SOME CONVERSATIONS

News stories, particularly big ones which are likely to cause most stress, inevitably become part of conversation. Remember that it is ok to choose not to engage with these if you don't want to. When you find chat turning to a topic you find stressful, change the subject, offer to make everyone a cup of tea, or simply say "I'd rather not discuss this."



6 LOOK AFTER YOURSELF

If you are already experiencing low mood, hearing negative news is not likely to help so make sure you are looking after yourself first. Suzy Reading says, "Bringing mindfulness into our visual diet is essential for our mental health and our energy bank balance." Nurture your own wellbeing and you may find that news media becomes less stressful.

