

TIPS For Consuming News During COVID-19

Amidst the current pandemic, balancing feeling informed without feeling overwhelmed can be a challenge.

Here are some tips on how to consume news & media about COVID-19 in a healthy, manageable way.

1



BEFORE checking the news...

Check in with yourself:

What am I feeling right now?

- Am I anxious? Frustrated? Do I feel out of control?

Why do I want to check the news?

- Do I want to be informed? Feel in control? Calm myself down? Distract myself?

2



WHILE checking the news...

Think critically about the information:

- Take in and digest the content
- Consider the context (time, location, sequence of information, target audience)
- Evaluate factors that may be influencing the delivery of the information (potential for sensationalizing, click bait, biases of source)

Set boundaries for:

- **When** - Choose 1 time of day
- **How long** - Use a time limit, such as 10 minutes
- **How much** - Choose 1-2 sources
- **Type** - Choose reliable, reputable news outlets

3



AFTER checking the news...

Check in again:

- How do I feel? More anxious? Less anxious? Relieved? Depressed?

Decide:

- Will I continue to consume news in the way I just did, or change things up?
- Will I discuss the news with anyone else?
- How long will I allow myself to reflect on what I just watched, heard, or read?

Self-care:

- Do something fun and relaxing to de-stress!