

Coping with Stress in the News and Media

It is normal to feel upset about the news we are reading, including news about coronavirus. Everyone is impacted differently, information changes quickly, and there is a lot of uncertainty. However, there are some things you can do to help you cope with stressful, nervous, or upset feelings.

Take Control of your Media

“Pull” rather than “push” information: Turn off push notifications on your devices and turn off the news.

Decide when you want to check the news (for example never, daily, twice daily) and stick to your schedule. Checking the news all day long probably won't help.



Be picky about your news:

Traditional news outlets (for example, ABC News) are often better sources of information than social media sites. For rankings of media bias, visit www.adfontesmedia.com.

Do some “seasonal cleaning” with your devices:

Unfriend or unfollow people on social media who post upsetting content. Delete news apps or social media apps that upset you. Silence upsetting group texts or chats (or ask to be removed from them) and limit the number of times you read and respond.



Get the Facts on Coronavirus

Avoid searching for information on Google or other search engines. Find out the latest scientific information from the Centers for Disease Control (CDC) or from the Vermont Department of Health.

cdc.gov/coronavirus/2019-ncov
healthvermont.gov/response/coronavirus-covid-19



Get Help if You are Having Concerning Symptoms

If you are experiencing symptoms of suicide or are experiencing violence, please get help:

National Suicide Prevention Lifeline:

800-273-TALK (8255)

Vermont Crisis Text Line:

Text “VT” to 741741 for free 24/7 support

Domestic Violence Hotline: 1-800-228-7395

Sexual Violence Hotline: 1-800-489-7273

Participate in Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a brief program for addressing mental health issues. You can learn about CBT from a counselor, books, or videos. Dial 2-1-1 to find mental health services in your area. If you do not have access to a counselor, a great self-help book that uses a CBT approach is *The Feeling Good Handbook* by David Burns. This is a classic text that is well written and addresses common psychological experiences such as anxiety, stress, depression, procrastination, and difficulty in relationships. Another helpful book is *Peace is Every Step* by Thich Nhat Hanh. This Zen master describes Buddhist psychology to teach mindfulness and CBT.

Get Regular Exercise

Getting regular exercise is great for reducing stress. The American Heart Association recommends that adults get at least 150 minutes of exercise per week. This recommendation may not be right for you if you don't currently do any exercise or if you have certain medical conditions. Spend less time sitting or staying still! Start with a small amount of exercise each week and slowly build up. Find an exercise that interests you. Walking, biking, beginner yoga, or beginner tai chi may be great types of exercise to try.



Local Trustworthy Resources

Hunger Free Vermont	For help accessing food through schools, Meals-on-Wheels, the Vermont Foodbank, and more.	hungerfreevt.org/coronavirus/#food-access
New Americans in Vermont	For COVID-19 information in multiple languages	newamericansinvermont.com/morecovid-19
Age Well	For Vermonters age 60+	agewellvt.org
Vermont Suicide Prevention Center	For suicide prevention resources	vtspc.org
State of Vermont U.S. Department of Veterans Affairs	For Veterans	veterans.vermont.gov/veterans-crisis-mentalhealth.va.gov/coronavirus

