



# Checking the news after a difficult experience



**01**

**Dont overdo it:**

Try not to watch or read too much about it.

**02**

**Turn off news alerts**

You can also switch your phone off or put it in another room for a few hours each day.



**Avoid videos:**

Videos of what happened can make you more stressed. Avoid clicking on videos and turn off settings on social media that start the video as you scroll down.

**03**

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**Try to not look at pictures if you can:**

It may be less upsetting to listen to the radio or read an online article without images.

