

4 steps to help you manage the impact of media after a traumatic incident

Witnessing or hearing about a traumatic event can be extremely distressing. It is normal to want to stay informed about what happened, especially when it involves you or someone in your community. Unfortunately, media exposure can lead to more distress about the incident and more worries about the future. Here are some things that you can do to protect your mental health, while keeping yourself informed:

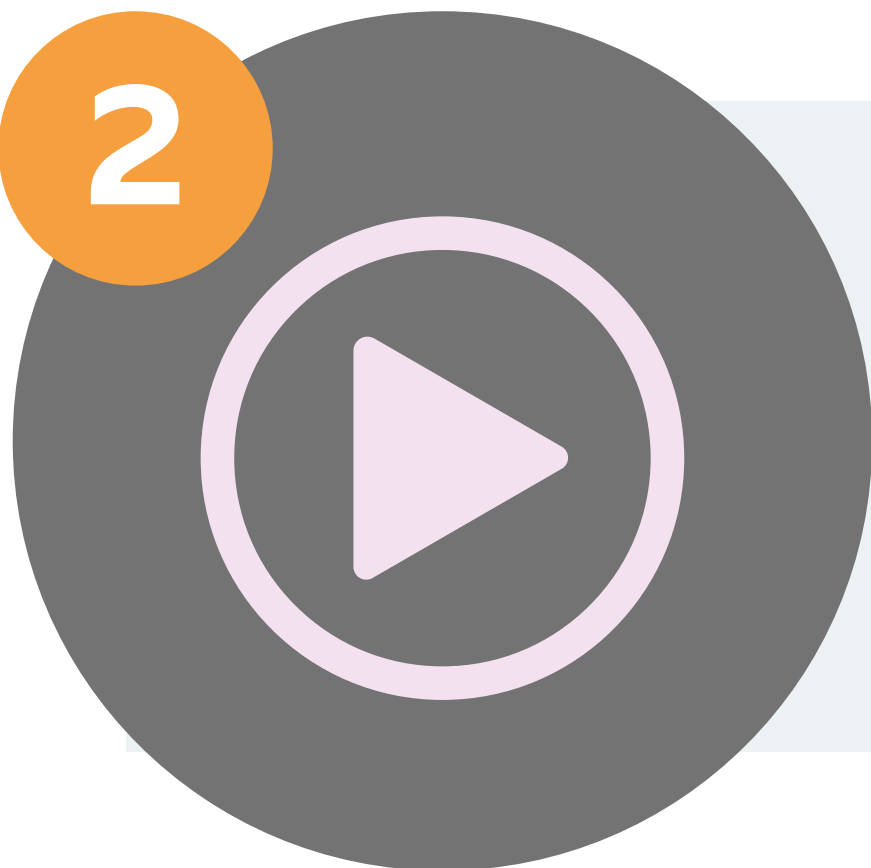
Monitor your time

Be aware of how much time you spend on media (this includes watching TV, listening to the radio, social media, newspapers). Try to reduce the amount of time you spend on these.

1



2



Avoid videos

Watching videos of what happened may make you more vulnerable to develop anxiety and post traumatic stress. Try to avoid clicking on videos and disable settings on social media that start the video as you scroll down.

Disable phone alerts

It may be helpful to disable news alerts on your phone. Some people also find it helpful to switch their phone off or place it in another room for a few hours per day

3



4



Avoid graphic images

It may be helpful to listen to the radio or read a newspaper article instead. Newspaper articles tend to contain less images than shown on TV/Social media.

