



COUNSELING AT DUPONT

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WHERE HEALING BEGINS

How to Reduce “News-Related Stress”

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It’s vital to stay informed about what’s going on in the world. But consuming too much news—particularly news that is negative and upsetting—can lead to elevated anxiety levels. And elevated anxiety can lead to sleep loss, poor concentration, irritability, less hope for the future, and a host of other problems.

Here are some tips for reducing your “news-related stress”:

- ◆ **Limit how much news you consume and when you consume it:** One viewing of a news website or a TV news show per day will give you a good overview of what’s happening in the world; repeat viewings will only reinforce news that’s distressing. And try to avoid consuming news for several hours before you go to sleep, to give your brain time to focus on other, less stressful things.
- ◆ **If your gut is telling you to avoid a certain news story, listen to your gut—avoid it!** It’s important to balance “need to know” with the need to protect ourselves from information that’s upsetting and also unnecessary. If there’s no reason you have to have the information in the news item, just skip it.
- ◆ **Balance distressing news with thoughts that are hopeful:** Yes, bad things happen in the world, all the time. But most of us also have reasons to be hopeful about life. Take some time to focus on events or ideas that uplift you.