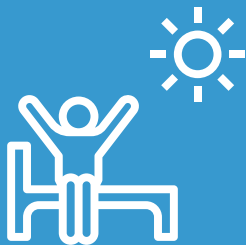


MANAGING MEDIA EXPOSURE DURING COVID-19

Many of us are taking careful precautions to avoid exposure to the COVID-19 virus - and yet, we don't often consider how we are repeatedly exposing ourselves to traumatic and disturbing media content.

This repeated exposure has a negative impact on our wellbeing.

HAS THIS HAPPENED TO YOU?



You wake up feeling okay



You immediately grab your phone to check the news



You spiral into a low and anxious mood

How can we stay informed without being bombarded by toxicity?



LIMIT TO 10 MINS/DAY

Set a limit on time spent checking news sources to avoid media rabbit holes

USE TRUSTED SOURCES

Avoid news outlets that focus on shock-value or fear mongering

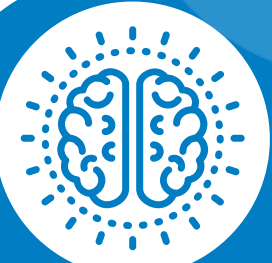


PROTECT YOUR SLEEP

Avoid consuming media a few hours before sleep. Rest is necessary to reset

MINDFUL CONSUMPTION

Consider deleting apps from your phone - searching for a website is more mindful than scrolling



TAKE A TRAUMA INPUT SURVEY:



- **What does your day start with?** Note how many disturbing images, difficult stories, actual images of pain and suffering you come across.
- **What about your work?** How many difficult stories do you hear, whether it be in a case conference, debriefing a colleague or reading files?
- **What about your transition to being off duty?** Do you listen to the news on TV? Do you watch violent shows on Netflix at night?

PSYCHOLOGICAL HEALTH IS PART OF OVERALL HEALTH

Visit www.TENDacademy.ca for more resources