

TIPS FOR MANAGING MEDIA

to reduce indirect trauma exposure

With constant access to social media, news, and other online content, many of us take in more indirect trauma than we realize. Short-form content like reels and clips can include distressing footage that is hard to process at the speed it appears. Combined with graphic TV shows and ongoing news coverage, this steady stream of exposure can take a toll on our well-being.

Since these things are often part of our day-to-day life, it can be easy to overlook how much they affect us.

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 do stay informed while **protecting our well-being?**



Limit to 10 mins/day

Set a limit on time spent checking news sources to avoid media rabbit holes; remove news alerts from your phone



Use trusted sources

Avoid news outlets and media platforms that focus on shock-value; research the biases and reliability scores of your most frequently visited sources



Protect your sleep

Avoid consuming digital media a few hours before sleep; rest is necessary to reset



Browse intentionally

Consider deleting apps from your phone that promote endless scrolling

Take a trauma input survey

- **How does your day start?** Be mindful of how many disturbing images, difficult stories, or actual images of pain and suffering you come across soon after you wake up.
- **Identify indirect trauma in your work:** This is when we hear, read, or see disturbing content involving others, including humans or animals.
- **Protect your downtime:** Think about how you spend your off-duty hours. Do you watch violent shows, play graphic video games, read disturbing books, listen to true crime podcasts, or scroll through endless news feeds?

What is one part of your day where you could reduce your exposure to **trauma information?**