

"This is so sad. I just feel this so deeply!"

I never used to be so consumed by the news before, but now I feel like I always have to know what's going on."

"My anxiety just shoots through the roof when I see the news now."

"Why am I more affected by the news now than I used to be?"

MEDIA'S EFFECTS ON GRIEF

Feeling as though media outlets are influencing your rollercoaster of grief? You are on to something!

As humans, we are curious to know about what is going on around us. It can be great to be informed, but what happens when our news outlets become available 24/7 on a variety of platforms?



Grief alone may bring out more prevalent feelings of worry, anxiety, or overwhelm – even without the news stories we are exposed to. But then when we are hearing about illness, wars, violence, and other human struggles, it can really ignite our feelings of grief.

These feelings may manifest emotionally or physically. We may find ourselves glued to the tv to learn the latest on something terrible that has happened or even tossing and turning when it's time to sleep, feeling the weight of the world on our shoulders.

So how can we help ourselves balance the weight of hearing about these news stories, with the weight of our own grief experience?

- Try limiting your news intake or be picky about the articles you are reading.
- Know it's ok to turn off the media you are tuned into, if it feels too heavy.
- Find coping skills to help you process and de-stress what you've heard.
- Add a feel-good news outlet like Upworthy into your rotation.

Our brains and hearts are already trying to process many heavy emotions and thoughts. Sometimes we may feel as though we have the emotional bandwidth to listen to the news, and sometimes maybe not. Don't forget to honor your grief experience. We don't have to bury our heads in the sand and be totally clueless of what is going on around us, but we can check in with ourselves and be mindful on what we are experiencing and how that affects what or how much media we are consuming on different days.

Taking care of our needs in the midst of struggle can be one of the most compassionate acts we can provide for ourselves.