

WHAT TO DO WHEN THE NEWS IS OVERWHELMING



Sometimes, the news we see online can be frightening or upsetting. It's important to know how to handle these feelings and how to make sure the information we're reacting to is accurate.

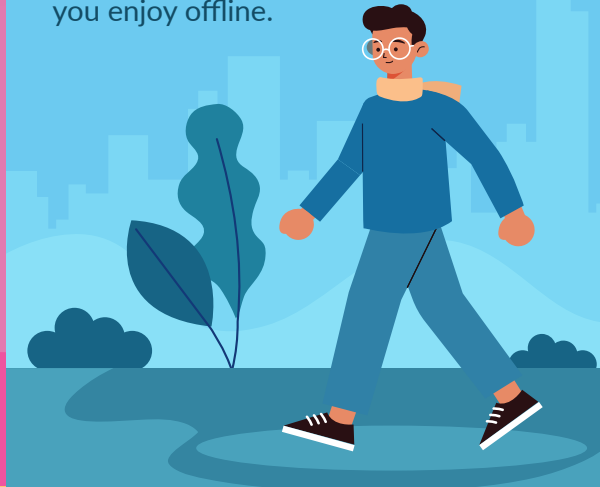
Feeling worried about the news?

Remember that it's normal to feel anxious or upset about troubling news. Allow yourself to feel these emotions.



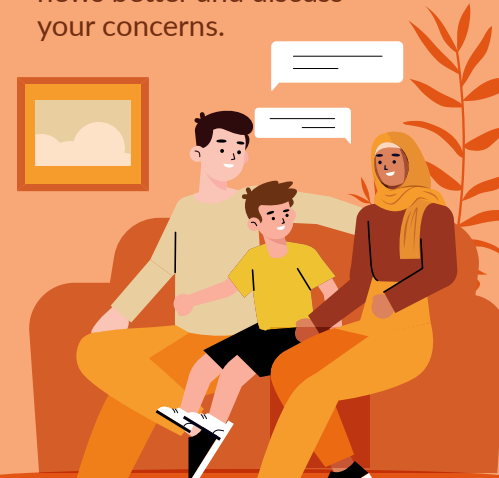
Step away from your screen.

Take a breath, take a break from checking updates and do something you enjoy offline.



Talk about your feelings with a trusted adult.

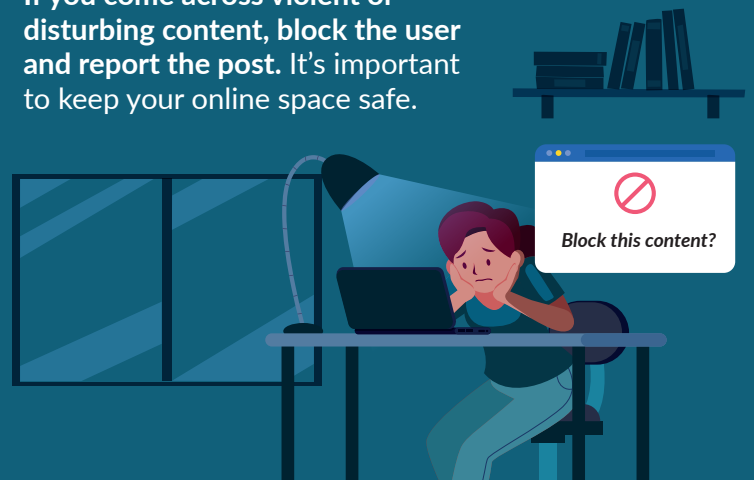
They can help you understand the news better and discuss your concerns.



Look at who shared the news. Was it a trusted source or someone unknown? See if reliable news sites have reported the same information.



If you come across violent or disturbing content, block the user and report the post. It's important to keep your online space safe.



It's okay to not know everything.

Ask questions, seek accurate answers and learn more instead of guessing or sharing false information.



Consider the whole story.

News can be twisted by a dramatic headline. Check the full context before forming an opinion.



Seek out positive and uplifting news stories to keep a balanced view of the world.