**TIPS** For Consuming News During COVID-19

Amidst the current pandemic, balancing feeling informed without feeling overwhelmed can be a challenge. Here are some tips on how to consume news & media about COVID-19 in a healthy, manageable way.

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1. **BEFORE** checking the news...

   Check in with yourself:
   - **What am I feeling right now?**
     - Am I anxious? Frustrated? Do I feel out of control?
   - **Why do I want to check the news?**
     - Do I want to be informed? Feel in control? Calm myself down? Distract myself?

2. **WHILE** checking the news...

   - **Think critically about the information:**
     - Take in and digest the content
     - Consider the context (time, location, sequence of information, target audience)
     - Evaluate factors that may be influencing the delivery of the information (potential for sensationalizing, click bait, biases of source)
   - **Set boundaries for:**
     - **When** - Choose 1 time of day
     - **How long** - Use a time limit, such as 10 minutes
     - **How much** - Choose 1-2 sources
     - **Type** - Choose reliable, reputable news outlets

3. **AFTER** checking the news...

   - **Check in again:**
   - **Decide:**
     - Will I continue to consume news in the way I just did, or change things up?
     - Will I discuss the news with anyone else?
     - How long will I allow myself to reflect on what I just watched, heard, or read?
   - **Self-care:**
     - Do something fun and relaxing to de-stress!