

Politics & News Exhaustion

Being constantly flooded with news, particularly regarding political concerns, is exhausting. News stories are all over social media, & these can affect us more than we may realize. When there is a major political event, the media inundates us with coverage of the issue & the potential implications - such coverage can create significant stress.

Learning the different sides to an issue can put our values in conflict, creating feelings of inner turmoil. We can feel separated into opposite groups depending on our views on the subject, heightening concerns & frustrations. Even worse, is when this separation leads us to become frustrated with those who do not share our views. It is dangerous when we cannot see ourselves in each other.

Know when you are experiencing news exhaustion & take active steps to reduce this stressor!

Tips for Managing your own Stress

- Limit media consumption to just enough to stay informed. Taking time for yourself, going for a walk, or spending time with friends & family doing things that you enjoy
- Avoid discussions about the event if you think they have the potential to escalate to conflict. Be aware of the frequency with which you're discussing the news
- Stress & anxiety about the future implications is not productive. Instead, channel your concerns to make a positive difference on issues you care about
- Keep in mind that life will go on
- Avoid catastrophizing, & maintaining a balanced perspective

"When I was a boy & I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." -Fred Rogers

Actively Engaging with the Stress

Uniting with those who seem to oppose our views, or who do not agree with us, & working to understand each other more fully. In many cases, we can find common ground. Working for what each of us believes to be good & true provides hope to our diverse communities.

Taking a step back - clarifying what you stand for, staying true to your values, & modelling civility & hope for the future. Recommitting to promoting health & well-being for all people, especially during times of stress & concern.

A stressful time is also a time for compassion & healing, a time to promote our inherent resilience

Sources

Mental Health Resources: <http://www.ementalhealth.ca/>

Psychology Web links: <http://www.cpa.ca/public/whatisapsychologist/PTassociations/>

Try getting involved with The Canadian Club: <http://www.canadianclubofedmonton.com/>

Talk to a support listener (24/7): Edmonton Distress Line 780-482-4357/Toll Free 1-800-232-7288

Try learning about resilience: <http://www.apa.org/helpcenter/road-resilience.aspx>