Tips to manage overwhelm during global events and relentless bad news


WORLD MENTAL HEALTH DAY
10 OCT

Constantly hearing about negative news from around the world can feel like a lot to take in – and that's because it is.

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.
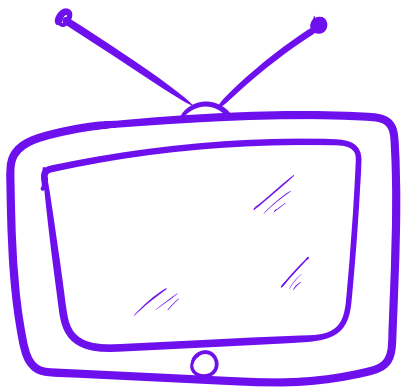
Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.
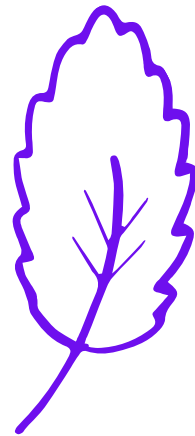
Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.
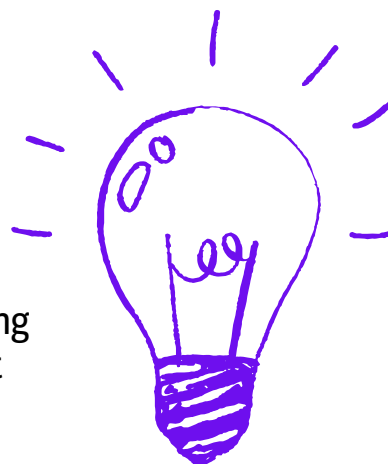
Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.

Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.

Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.