Effective Living Sdn. Bhd.

WHEN THE NEWS FEELS TOO MUCH

THE WORLD CAN FEEL A LOT RIGHT NOW

Many people notice increased anxiety, sadness, anger, or helplessness when following the news especially with all the constant updates about wars, disasters, and global crises.
These reactions are normal as our brains are wired to respond to threats even when they are happening far away. However, this can overwhelm our nervous system when we are repeatedly exposed to these distressing information.

It is important to take care of your mental health during these times as it also protects your capacity to cope and care.

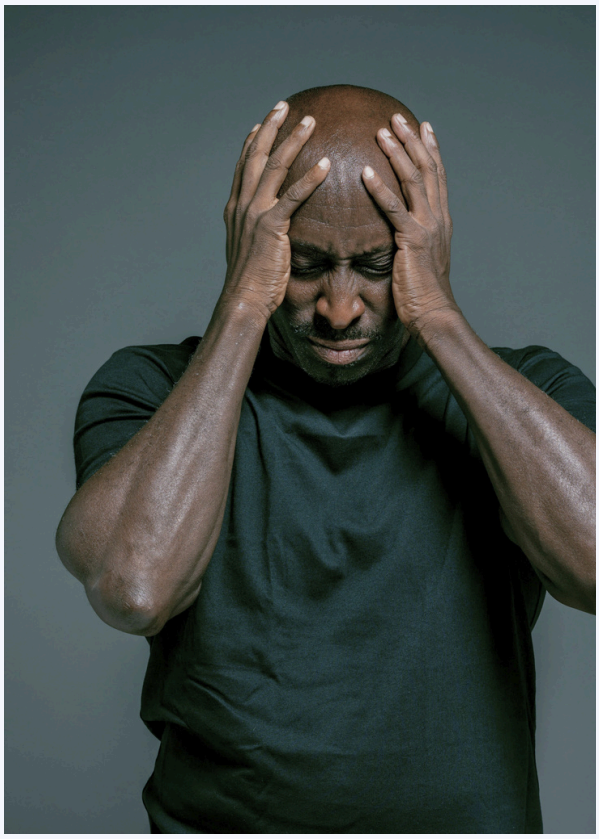
Signs the News Might be Affecting You

Emotional signs
- Feeling anxious, tense, or restless
- A lingering sense of dread about the future
- Feeling overwhelmed, helpless, or emotionally drained

Mental signs
- Difficulty concentrating on work or daily tasks
- Replaying distressing images or stories in your mind

Behavioral signs
- Checking news updates frequently or compulsively
- Talking about distressing events repeatedly without feeling relief

Physical signs
- Trouble sleeping after reading or watching news updates
- Headaches, muscle tension, or fatigue



3 WAYS TO PROTECT YOUR MENTAL WELLBEING

Strategy 1 :Set News Boundaries
- Choose one or two specific times a day to catch up on news rather than checking constantly.
- You can still stay informed but limit the frequency.

Strategy 2: Grounding Technique
- Ground yourself when things get overwhelming
- Take your time and really feel through all 5 senses
  1. 5 things you can see
  2. 4 things you can touch
  3. 3 things you can hear
  4. 2 things you can smell
  5. 1 thing you can taste

Strategy 3: Focus on What You Can Control
- Global events can be beyond our control and make us feel powerless.
- Focus your attention to what you can control such as:
  1. Supporting people around you
  2. Engaging in community or charity work
  3. Taking care of your own wellbeing
- These small actions can help to restore a sense of agency

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