

Coping with Changes

Brought by COVID-19



Handling the news and social media skillfully

Monitor your media intake. If you find yourself getting more stressed, take a break. Perhaps look explicitly for a source of good news, such as the [Good News Network](#) or [Positive News](#). Consider a media “fast” once a week for a day if you can, or even for a few hours each day.

Social media can be a useful way of connecting, but engage in small doses. Research has shown that those who use social media as a method to connect with friends and family see positive mental health benefits from it. However, simply scrolling through feeds without engaging can have the opposite effect. There is also the risk of getting misinformation from your social media. Only consume health-related advice from reputable resources such as the CDC. The bottom line: use social media wisely and judiciously.

[Reducing your fear of the news.](#)

