Tips on Reading and Watching the News During COVID-19

It is important to stay informed during the COVID-19 pandemic. However, it can be stressful to be repeatedly exposed to information that can make us feel anxious. See below for tips on how to get the information we need without feeling constantly overwhelmed.

Be selective about news sources.

- Rely on news sources you trust, such as the Public Health Agency of Canada and the World Health Organization
- These sources are better at presenting plain facts rather than extreme stories

Limit the amount of news you read and watch.

- Try to check the news a maximum of once per day
- Checking too often can make us feel stressed and make it more difficult to disconnect and focus on other things

Focus on the facts.

- Sometimes news sources can include pictures or words that are unnecessarily alarming that can trigger anxiety
- For example, images of workers in hazmat suits or saying that rates of infection are "skyrocketing" rather than "increasing"
- Try to focus on the facts and practical takeaways, while ignoring unhelpful pictures and words

Source: Adapted from the Mental Health Commission of Canada (mentalhealthcommission.ca)