

Part 1: News Impact

Day of news exposure:

- a. As soon as you wake (before accessing news), complete the following table. Repeat at bedtime:

	Stress level (0-10)	Sense of safety (0-10)	Feelings of sadness or low mood (0-10)	Feelings of anger or irritation (0-10)
On Waking				
At bedtime				

- b. Make a note of the news sources you access during the day

- c. Each time you access any of these, rate your mood, using the table below (More copies of this table are in Appendix B):

	Stress level (0-10)	Sense of safety (0-10)	Feelings of sadness or low mood (0-10)	Feelings of anger or irritation (0-10)
Before				
Just after				
1 hour after				

- d. Note whether anything else happened during the day that may have impacted your mood.
- e. Reflect on the scores above.

Day of limited/no news

- a) Spend the day with as little news exposure as possible and rate your mood using the table below:

	Stress level (0-10)	Sense of safety (0-10)	Feelings of sadness or low mood (0-10)	Feelings of anger or irritation (0-10)
On Waking				
Mid-morning				
Lunchtime				
Mid-afternoon				
Early evening				
At bedtime				

- b) Note whether anything else happened during the day that may have impacted your mood.

- c) Compare your mood rating with those you recorded in part 2

- d) You may want to repeat exercises in parts 2 & 3 if unexpected events impacted your mood on one of these days.

Part 3 - Limit News Exposure

a. Use the following checklist for ideas on how to limit your news exposure. Mark any of these you feel would be helpful:

- Turn off news-related notifications on your devices.
- Unfollow or mute certain social media news accounts.
- Unsubscribe from news emails or request daily/weekly digests (if available).
- Use apps that block access to the news during certain times.
- Discuss and seek compromises with household members if they want to watch/listen to more news than you. Compromises could include:
 - Household members using headphones for the news.
 - You spend time in a different room once you've reached your news limit.
Communicating with household members your intention to do this limits the risk of others feeling rejected or that you're angry/upset with them.
- After news exposure, engage in calming or distracting activities, e.g. meditation, exercise, or doing something creative.
- Be selective with the news sources you access.

b. Write a plan of action. Be as specific as possible, e.g. what, how and when. For example, I will read a news digest for 15 minutes straight after breakfast. Once the 15 minutes are up, I will take three deep calming breaths before moving on with the day.

Part 4 - News Sources

News Sources Impact

- a) List any news stories and their source that leave you feeling distressed, low or fearful:

News story	New Source	How it made you feel

- b) List news items and their source that left you feeling inspired, hopeful or uplifted

News story	New Source	How it made you feel

Your news sources review

- a. Made a list of the different news sources you access: (e.g. social media posts, emails, newspapers, TV, and breaking news device notifications)

- b. Select one of your news sources to review:
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- c. Does this source (tick ones that apply):

- Provide accurate and reliable information.
- Align with your values.
- Provide information that is relevant and useful to you.
- Offer a balanced view.
- Provide information in a way that gets the point across without using material that feels more graphic than you're able to cope with.
- Offer stories that leave you feeling uplifted or inspired.

- d. Repeat steps b & c for each of your news sources. More of this page can be found in Appendix A

- e. Add to your plan from part 3b to include the news sources you want to include or exclude.

Appendix A - Further worksheets for Part 1

B. Select one of your news sources to review:

c. Does this source (tick ones that apply):

- Provide accurate and reliable information.
- Align with your values.
- Provide information that is relevant and useful to you.
- Offer a balanced view.
- Provide information in a way that gets the point across without using material that feels more graphic than you're able to cope with.
- Offer stories that leave you feeling uplifted or inspired.

B. Select one of your news sources to review:

C. Does this source (tick ones that apply):

- Provide accurate and reliable information.
- Align with your values.
- Provide information that is relevant and useful to you.
- Offer a balanced view.
- Provide information in a way that gets the point across without using material that feels more graphic than you're able to cope with.
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