



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

Why it is Important to Limit the News you Watch Daily

- The amount of news coming out of the COVID-19 pandemic will cause stress and anxiety for many people.
- The high volume of reporting, including constant updates and continuous changes can be very distressing even for the calmest person.
- It is important to keep a level head about the news during this time and be on the lookout for news that sensationalizes which is when the media intentionally uses words, phrases, intense music and images that are intended to excite the viewer and provoke emotion. They do this because it causes more people to pay attention and to watch longer.
- Consider the way the pandemic is being reported; images of crowded hospitals and statistics of how the virus is spreading in real time can easily cause panic. Even if the story they are telling has truth to it, the way it is presented can cause lasting anxiety.
- Pay attention to the choice of words, some sources are calling this the COVID-19 “crisis” versus calling it a pandemic. Using the words like ‘crisis’ and ‘terror can ramp up your anxiety and stress.
- It is very important to be media savvy about what you are consuming. Indeed, these are unprecedented times and there is much cause for concern, but some news outlets may scare people more than to inform them.
- Be mindful of the source of the reporting; websites from the World Health Organization or the Public Health Agency of Canada issue just the facts and can be counted on for accuracy.
- It is important to stay informed during the pandemic, but allowing yourself a break from media can alleviate stress. Schedule specific times throughout the day when you will allow yourself to view social media, watch the news or read the newspaper. Designate the rest of your time to relaxing, working at home, and connecting with others. Be diligent and only allow yourself to access media for a set duration so as not to get pulled in for long lengths of time.
- Explore hobbies, talk to friends and family, go for a walk, do anything that makes you feel whole and well instead of consuming the news continuously. Remember more than anything else to be kind to yourself and do what you must to maintain your own self-care. Replacing the time spent with media can mean more time to explore other interests and get in touch with yourself. There is nothing selfish about taking a break from the news and taking good care of yourself.

The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca

Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.