

Sheila Jowsey, M.D.
Mayo Clinic psychiatrist

Negative News Soundbites

1: Resilience (:21)

“There’s a concept which I’ve been really paying attention to which is resilience. How do people bounce back from difficulties? And I think that these are really kind of simple things that we can all kind of move up to the forefront when we’re living through difficult times. One thing is just to be hopeful. To be optimistic. Things get better.”

2: Bombardment: Turn it off (:36)

“You can kind of be bombarded by the news. So I think it, you have to be careful about how much you’re exposed to the news, especially if there’s very frightening or distressing images in the news. That once you’ve seen them, maybe not to go back again and again and let yourself be stimulated and distressed by the images. I think the other things that people need to do is To remind themselves if it’s mostly bad news that they’re reading, are there other pieces of information they can go to to learn about something positive.”

3: Kids helping kids (:23)

“Sometimes schools will offer creative opportunities to let children express themselves through art or through music

or other kinds of things and reaching out to other schools and communities where problems have arisen can be really be a helpful thing for kids to do . Kids helping kids is a wonderful concept.”

4: Symptoms too much media (:18)

“Certainly if your sleep is being disrupted your appetite is changing those would be important symptoms to pay attention to and finally if you ever have thoughts of life not being worth living we consider that kind of an emergency-type symptoms where you should go get help right a way.”

5: Mindfulness-based stress reduction (:22)

“One of the concepts that we’re paying attention to nowadays that might be useful for many people is something called mindfulness-based stress reduction which is a was of turning off the chatter and noise in the world a little bit and giving your brain a rest form thinking about the distressing thoughts.”