



Dealing with Violence in the News

Seeing violence in the news can leave us feeling a range of emotions, including sadness, anger, guilt, and dread. Here are some other emotions you may experience when faced with violent events, and some coping mechanisms which may help.

Feeling vulnerable and insecure

A violent event may affect your own sense of safety. You might find yourself worrying more about family members, especially children.

Feeling fearful of the unknown

Violence is a reminder that you can't control the behavior of others. You may worry about attending public events or traveling.

Experiencing delayed reactions

If you have suffered trauma in the past, you may re-experience your emotional responses from that event even if you thought you had dealt with what happened.

Some helpful coping mechanisms:

Focus on the things you can change

Try to focus on the things you can control. How can you create a safer workplace? What can you do to help you and your family feel safer?

Make the most of your social support system

Your social support system is crucial in times like this. Spend time with people who make you feel better, whether that's your friends, colleagues, or family members.

Take ownership of your feelings

It is important to acknowledge your own feelings. When we discard or devalue our own experiences, it can lead to resentment, guilt and isolation.

Limit media exposure

It can be helpful to take time out from media if you feel that the news is getting too much for you or affecting you negatively.

Take care of yourself

Make sure you're getting enough sleep, try to eat healthily, and look after your physical health by going for a walk or working in some light exercise at home.

No matter what you're going through, [Lyra](#) can help. An expert mental health professional can offer you additional resources, useful perspectives, and hope. Reach out for support from Lyra, your mental health benefit, today.