



MANAGING THE MEDIA

We understand that many of our clients are deeply affected by the events unfolding in the world. While staying informed is important, it's equally crucial to prevent these concerns from overwhelming our thoughts and negatively impacting our daily interactions with friends and family. Finding a balance between awareness and emotional well-being can help us navigate these challenges more effectively.

TIPS

- Read the news, not others reactions to the news.
- Limit or delete social media. Consider removing social media from your phone.
- Set up specific times to read the news instead of doom scrolling all day.
- Prevent confirmation bias by reading multiple sources, not just the ones that support your ideas.
- Monitor how the media impacts your thoughts and feelings.
- Limit or delete notifications from social media and news sites.



If your work, family, or daily life is being affected, consider reaching out to a mental health professional for support.

RESOURCES

- [I'm a journalist and I'm changing the way I read news. This is how.](#)
- [How to Break Up With Your Phone](#)



FAMILIES: GET OUTSIDE



The weather is getting better, and spending time outside can boost mood and behavior. If children or teens are hesitant to go outdoors, try a compromise or introduce something new:

- Scavenger hunts - Turn a walk into an adventure.
- Geocaching - A modern treasure hunt using GPS.
- Picnics - Enjoy meals in a fresh setting.
- Outdoor versions of indoor activities - Bring coloring, board games, or crafts outside.
- Family involvement - Make it a group activity for more fun and connection.

FEATURED BLOG

Marni Mendez, LPC offers some practical strategies for parenting a child with ADHD. Read it [HERE](#)



GET IN TOUCH!