How to handle the news

Learning to cope with lots of news can make you feel calm and in control.

Learn good news habits.

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News is all around us and it's normal to feel a little bit anxious when you see stories that seem worrying. There are positive steps you can take to help with your feelings.

Where does news come from?

News reports come from many sources all over the world. As well as newspapers and magazines like *The Week Junior*, news is reported on television, radio and websites, and shared on social media. Stories grab the headlines for several reasons, including how unexpected they are and the number of people they affect. Stories like, say, what is happening in Israel, or a big earthquake, often appear as rolling news. This means the reports are updated frequently, talked about and shared. Being surrounded by news like this can make you feel the events are part of your life, no matter how far away they actually are.

How does news affect you?

It's interesting and fun to learn about inspiring and uplifting stories, but bad news happens too, and reports about war or climate change can make you feel angry, anxious or upset. "Bad news isn't nice to hear," says psychotherapist Dr Aaron Balick (an expert on thoughts and feelings). "People are suffering and there are real risks. It is normal to feel worried about these things." Studies also show that we're more likely to notice bad news stories and remember them more clearly than positive ones. This is called "negativity bias" and scientists say it's a very old survival technique that keeps us safe and alert to danger.

Look out for positive stories.

How can you cope with worrying news?

It's important to listen to facts rather than rumours, Balick explains. If you're alarmed by a story you've heard about on social media, for example, ask an adult to help you check it on a reliable news website like BBC News.

Another way to deal with difficult news is to put your worry into action. If you find stories about climate change upsetting, write to your MP and tell them your concerns. Also, don't keep your feelings to yourself, says Balick. Talk to a trusted adult, because this may help you understand where your emotions come from and why you feel this way.

Top tips to deal with too much news

- **Only read a few stories at a time and talk about them to someone afterwards.**
- **Focus on life away from the news and stick to familiar routines, like going to sports practice or meeting friends.**
- **If a friend is upset by the news, talk it over with them.**

Find more top tips and advice at theweekjunior.co.uk/advice

Take action to help with climate worries

- **Make it fun**
  Set up a climate club with friends and organise activities like litter-picking, making posters that encourage recycling and setting up a book swap.
- **Focus on good news**
  Lots of people are working on solutions to climate change. Set a challenge to find one positive climate story each week.
- **Take action**
  Everyone can do something to make our world a better place. Learn how to be an energy hero here: tinyurl.com/TWJ-Energyhero