



## ONE MINUTE SERIES #6

**Dear First Responder, Medical & Mental Health Professional,**

The human mind is designed to react and respond to what it takes in through the five senses. We **constantly examine** ourselves & our surroundings to **assess safety and survival needs**. If we notice that something in our environment is amiss we react by taking action to change whatever is necessary to keep surviving and thriving.

**Media and news outlets** seem to provide an effortless way to learn about current events and extrapolate vital information such as whether or not we are safe. However, **projecting one's safety and survival needs based on the media can present several challenges**.

Advances in technology now make it possible to check the news obsessively twenty-four hours a day, and the **constant supply of graphic high quality videos & pictures of crime scenes, disasters, and those with illness** have an strong impact on us than ever before. Outlets publicize numerous local & international tragedies on a daily basis, **catastrophizing the world we live in** and leading us to believe that life is far more unstable than it may actual be.

Trauma experts warn that **overexposure to distressing media** can have a profound negative impact on our mood and wellbeing. It is important to be aware of **how much media we consume** and its affect on our health.

**What can we do** to help ourselves?

We can begin to notice how many times a day we check the news and our motives for doing so.

We can make an effort to **cut down** on checking the news out of pure boredom or when **checking addictively**. With some effort we can **learn to relate to the news in a healthier way** both in how much we look at the media as well as understanding that **it may not accurately & or completely reflect reality** and its implications for our safety.

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