What to Do If You Are Upset by the News



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What to Do If You Are Upset by the News

The news is important. It lets us know what is happening in the world.

However, sometimes, we see things in the news that are upsetting.

This can make us feel lots of different emotions.

Angry **Worried** **Anxious**

Scared **Confused** **Upset**

Some of the things you hear in the news might make you feel worried, upset or scared. It is normal to feel these emotions. Adults can get upset about events in the news too.



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Could This Happen to Me?

The reason these stories are in the news is because they don't happen very often.

Even though lots of people may be talking about what has happened, events like this are rare.

Talking to someone you trust can help you to feel safe and help you think of things you can do if you feel worried or upset in the future.

There are lots of people who are able to help.



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Who Could I Talk To?



Discussing events that have happened in the news with a trusted adult can help you to understand what has happened and how you're feeling.

Parents, guardians, family members and adults at school are all people you can talk to if you're feeling upset. Drawing or writing about your worries might also help you to understand your emotions.

Remember: try to avoid listening to, or spreading, rumours in person or online.

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What Could I Do?

If you're feeling upset, you could also try one of these activities:

- Make a list of things that make you feel happy or safe.
- Spend time with your family, friends or pets.
- Look at some photos of happy memories.
- Watch your favourite film.
- Play a favourite game.
- Listen to music.
- Draw a picture.
- Read a book that you enjoy.



Sometimes, worrying or feeling upset can make it difficult for you to sleep. Using mobile phones, games consoles or watching TV can keep you awake. Spend some time before bedtime doing something relaxing that does not involve a screen, such as reading a book or listening to music. A good night's sleep can help make you feel less anxious.

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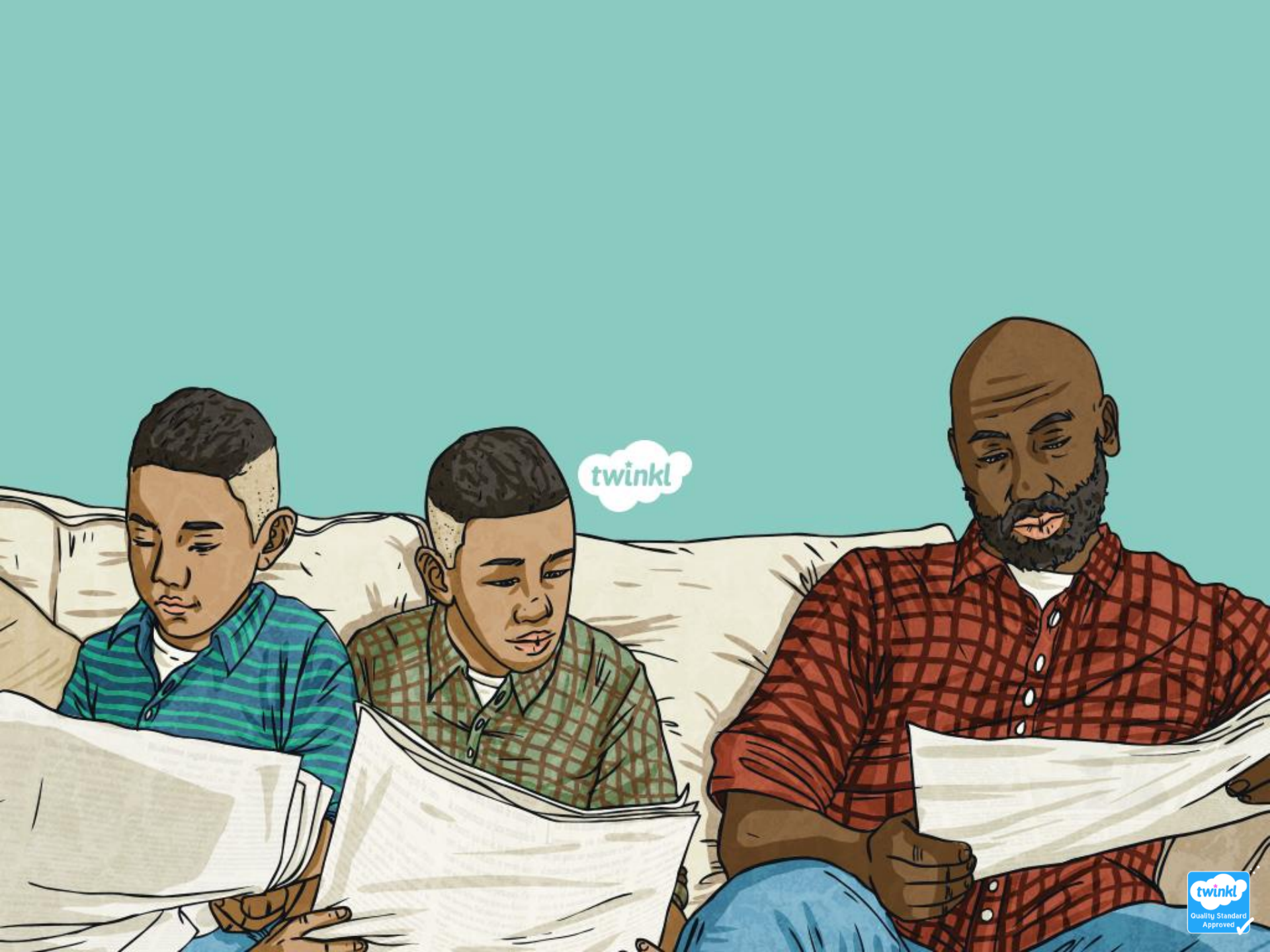
How Can I Help?

If there has been a disaster or a tragic event, there will often be an appeal to help people who are affected.

Depending on what has happened, you might want to organise a fundraiser to raise money for an appropriate charity or write a letter saying thank you to people who have helped out, for example the emergency services.



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