

Tip Sheet: Beyond the Investigation: Managing Stress, Safety & Mental Wellness

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<https://dartcenter.org/content/staying-sane-managing-stress-and-trauma-on-investigative-projects>

EMOTIONS, TRAUMA AND GOOD JOURNALISM

- Anybody who has regular contact with severely traumatized people is at risk for becoming emotionally injured themselves. Investigative reporters may not be on the front lines of war or tragedy. But interviewing victims and witnesses, reviewing records of tragedy, viewing photos and video and assembling the stories of traumatic events all can have a profound emotional impact. Psychologists describe this as "vicarious traumatization," which can result in the symptoms of PTSD, depression, anxiety and other difficulties.
- Emotional injury is not not a matter of being strong or weak. Recent neuroscience shows that PTSD, depression and other issues reflect biological changes as well as psychological changes, particularly in response to overwhelming events or horror.
- Research indicates that prior exposure to trauma significantly increases the risk of developing PTSD and related difficulties. An individual who has always coped well may suddenly find themselves overwhelmed by a seemingly manageable incident or story. "Trauma load" is cumulative.
- Emotional injury interferes with news judgement and reporting capacity as well as with "private life."
- Conversely, awareness of the psychological issues behind investigative stories will make you a better interviewer, and better at building trust with deeply traumatized sources.

MAINTAINING RESILIENCE ON DIFFICULT STORIES

- If you have listened to a trauma survivor's story or immersed yourself in records, photos or other documents with traumatic, horrifying or haunting content, find a way to relax within a day or two. No matter how demanding or engrossing the project, build in distancing mechanisms every day - planned activities which take you away from the story. If you have a favorite stress-reduction technique (exercise, yoga, art, etc.), do it.
- Regulate your "trauma load." If your project involves multiple interviews with victims, witnesses or survivors, space them out. If you are reviewing upsetting photos or documents, don't try to absorb everything at once. Take breaks.
- Maintain a sleep schedule. Shortchanging yourself on sleep during an investigative project not only increases your emotional vulnerability; it also interferes with your news judgement and professional capacity.

- Beware of isolation. If you are working the story alone, talk regularly to a trusted individual who is a sensitive listener. If you are working in a team, check in with one another, and be alert for changes in your team members' behavior or news judgement.
- Know your limits. If you've been given a troublesome assignment that you feel you cannot perform, politely express your concerns to your supervisor. Tell the supervisor that you may not be the best person for the assignment. Explain why.
- It's common to experience emotional distress if immersed in a story involving traumatic content. If the distress doesn't subside over time, however, it can become toxic. Before he died in April 1945, war correspondent Ernie Pyle wrote, "I've been immersed in it too long. My spirit is wobbly and my mind is confused. The hurt has become too great." If this happens to you, seek counseling from a professional.

WARNING SIGNS

Distress per se is not a sign of any kind of underlying emotional injury. Stories that involve human cruelty are likely to be upsetting. If you are working with such material, distress reactions – including anger, despair, bad dreams, periods of numbness, feeling agitated or wired, and difficulty concentrating – are far from unusual. Such periodic bouts of emotional “bad weather” can be disruptive and annoying – and do require active self-care – but they are not signs in themselves that one needs to seek external help.

Do be attentive, though, to any reactions that get stuck and become generalised to other situations. There is a significant difference between feeling numb the first time you encounter traumatic events, and losing enthusiasm for activities outside of work or affection for people who matter to you. In terms of warning signs, be particularly alert to:

- Marked changes in character
- Unusual irritability, or explosive anger that fires up without apparent reason
- Images or thoughts related to a project intruding at unwanted times, which are unusually persistent and don't diminish over time. *Particularly if they involve situations in which you imagine yourself being followed or attacked.*
- Unusual isolation or withdrawal
- The sense that life has become meaningless or foreshortened
- A persistent and general feeling of being numb or deadened inside
- Increase in self-medication (alcohol, drugs, compulsive overworking, etc.)

What else should I do to look after myself?

Everybody whose work involves trauma needs a self-care plan. Don't forget the importance of maintaining a balance between work and other aspects of life. Exercise and finding time for friends and family are important ways of restoring balance. Take time to reflect: the material you are working with could provoke political and moral questions, and challenge certain beliefs. You may find it helpful to talk these through with friends who have similar interests and values. Keeping a journal can also be a good way of both processing one's reactions and reconnecting with what matters to you. If a story starts to feel all consuming, as if nothing else matters any more, that is an indication that you should seek better balance.

ZACK NEWMAN, freelance investigative data journalist

List of resources: [Coping with Trauma Tip Sheet](#).

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The reason I am here today is that I have covered traumatic events (mass shootings, human trafficking, death, and more) and have offered support to other journalists across the country after they covered their own traumatic event. They didn't know how to cope, just like I didn't. That's when I knew this knowledge gap was wider than just me.

Often journalists are told to take care of themselves, but not how. I have seen a lot of people in the industry that go through trauma and don't have a roadmap. In order to set up the possibility of vulnerability in this conversation I am going to share some of my journey outside of any particular event, just going to discuss coping mechanisms as a whole.

1. WHAT TRAUMA IS - As my therapist says, trauma builds like kindling. Each traumatic event is like another branch
 - After each mass shooting, story on murder, interview with a relative of a dead person - it is a branch of kindling that can sneak up on you over time. Secondary trauma, from your coverage, can stack. The more kindling that's there, the easier it is to light.
 - You are more likely to have a more severe response in the future.
 - Numbness was when I knew I needed help. Too much trauma piled up like kindling, paranoid and quick to anger

2. WHAT TRAUMA RESPONSE LOOKS LIKE - I have PTSD and am on the path to recovery.

- Loving yourself where you are and the freedom to not be ok while recovering.
 - Meditation mantra: I am at peace with myself as I am, others as they are and the world as it is.
- Thinking became difficult & exhausting: Like getting thoughts through Jello.
- Zack bucks: Start with \$12. Sometimes it costs a dollar to get out of bed. Sometimes it takes all \$12. Be patient with yourself.
 - In another metaphor - if you're a car, sometimes gas doesn't get you as far as it usually does.
 - Or the gas tank doesn't hold as much gas as it used to.
 - Or gas costs more than it usually does so you can't go as far as you planned.
 - Or you wake up one morning expecting to go on a road trip, but when you turned the car on the gas light was on. You aren't going anywhere that day.
- Invite you to think of trauma as you would a broken arm...Your brain needs to heal, but the process may not be as straightforward as putting your arm in a cast for a couple months.
- People want to help but don't know how. Tell them. Honor what you need.
 - Set boundaries and stick to them. Don't people please to make someone else feel better!
 - "Feel the no" and identify if you need to step away from something. Delegate if necessary.
 - Your body will get what it needs, whether you give it what it asks for or not. If you don't give it a little bit at a time, it'll force it from you. There have been times where I fought it and then got crushed by a wave of PTSD fog later.
- Identify what's a rubber ball and what's a glass ball.
 - Rubber ball tasks are no big deal if you don't do them right away — they bounce and you can get to them on the next bounce.
 - Glass balls will break if dropped. These are tasks that have to happen that day or that moment.
 - Identifying the difference helps you prioritize.
 - This is not an original metaphor and I haven't had luck finding the source.

- This is one instance of this metaphor being discussed:
https://www.google.com/amp/s/www.huffpost.com/entry/work-life-balance_b_1903289/amp
 - When things feel overwhelming and it's a "low day" -- accept it and recalibrate what the day may look like.
 - I find that doing small tasks can help give me momentum (i.e. organizing my calendar or some dishes).
 - Set a timer for 10 minutes. If things still feel overwhelming after that, stop doing them without judgment.
3. HABITS THAT HAVE HELPED - What would it be like if you could find more ways to develop agency? For me, trauma manifested in feeling anxious and out of control. The world felt more dangerous.
- Agency - Instead of being at whim of strong emotions, take control for yourself and decide how to navigate through
 - To help feel physically safe, I began doing martial arts and took a concealed carry course.
 - To help feel digitally safe, I enlisted the help of the Committee to Protect Journalists and Freedom of the Press Foundation to understand the steps that I can take.
 - I am especially a fan of DeleteMe, and you may get a discount through IRE.
 - https://joindeleteme.com/?coupon=data20&utm_campaignid=22454530922&utm_adgroupid=178200584836&utm_keyword=delte%20me&utm_device=c&utm_matchtype=b&utm_adgroup=&utm_source=google&utm_medium=cpc&utm_content=746881812475&utm_campaign=&utm_term=delte%20me&hsa_acc=3126617939&hsa_cam=22454530922&hsa_grp=178200584836&hsa_ad=746881812475&hsa_src=g&hsa_tgt=kwd-917252681037&hsa_kw=delte%20me&hsa_mt=b&hsa_net=adwords&hsa_ver=3&gad_source=1&gad_campaignid=22454530922&gbraid=0AAAAADNOaZEs3uPcNuA0TPMktMAAsj1Ulf&gclid=Cj0KCQjwjJrCBhCXARIsAI5x66VOufw9B-QNGQMAIe9LX4ipuKHBYT76MQzzUt3MK6_9AIWkUM6rKT8aAqAbEALw_wcB
 - <https://www.ire.org/discount-on-digital-security-services/>
 - CPJ: <https://cpj.org/>
 - FPF: <https://freedom.press/>
 - Building agency merges with this mantra: I can trust myself to handle what comes my way. I am confident in my abilities.

- Remove your self-worth from your profession.
 - You're more than a journalist. Find meaning in other areas as a partner, son/brother, climber, improviser. Journalism isn't everything and it can be dangerous to hinge your self-worth on just your job.
 - Because it's great if it's going well, but if it craters then your self-worth can crater with it.
- 4. WAYS TO RESOURCE - Invite yourself to resource, or ways to self-soothe, in whatever way works for you.
 - The body will get what it needs, whether it's a little bit at a time or all at once through force when your body shuts down from stress.
 - If it feels right, stay on top of it, for some, it could make us more susceptible to downward spirals. Try to find avenues outside of drugs and alcohol to avoid creating a dependency.
 - Identify ways to regularly resource yourself. Have a variety of coping mechanisms like a Swiss Army knife. One that's helpful in one situation may not be what you want in another. Honor what your body needs.
 - Feel your own strength through exercise that forces fully:
 - Climbing/Martial arts/Being in nature
 - Walking is totally fine! Any movement is a win.
 - A gratitude journal can help restore perspective.
 - Meditation is great - But other types that you may like if sitting isn't your jam:
 - Food mindfulness, walking meditation
 - I love the Finch app to gamify my well-being.
 - <https://finchcare.com/>
 - You take care of a little bird by doing things like going for a walk or drinking water.
 - Process trauma through movement when triggered.
 - I'm a big fan of punching bags and weights when triggered but you may find another calling.
 - Identify activities that fuel you and drain you.
 - Make a habit of the things that fuel you and steer clear of the drains as much as possible.
 - I recommend doing a weekly tally or tracker to help you codify it.
 - I especially relish activities that require me to be fully present, like bird watching.
 - I spent a year in New Zealand to give my brain and body a year-long break from gun violence and it made a huge difference when I came back.
- 5. If it feels right... GO TO THERAPY: Be curious and notice if the trauma is festering. For me, it got worse if I didn't process it.

- Crisis Line in a pinch.
 - 1-844-493-8255 | Text “TALK” to 38255
 - <https://coloradocrisisservices.org/>
 - EMDR and CBT therapies help me clear out the trauma long-term.
 - More on EMDR:
 - <https://www.apa.org/ptsd-guideline/treatments/eye-movement-reprocessing>
 - CBT:
 - <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>
 - Funding your therapy
 - Therapists can have a sliding scale to help afford therapy. Be sure to ask about it.
 - Some will do therapy for \$15 if that’s what you can afford.
 - The Rory Peck Trust’s Therapy Fund “covers the cost of treatment for freelance journalists.”
 - <https://rorypecktrust.org/get-help/therapy/therapy-fund/>
 - Find out if your company offers an Employee Assistance Program
 - <https://journalistsresource.org/health/employee-assistance-programs-mental-health/>
 - Finding a therapist
 - Many therapists will do a free 30 minute consultation where you can see if it’s a good fit.
 - The Journalist Trauma Support Network has a directory of therapists that have experience working with journalists and a list of funding sources.
 - <https://www.jtsn.org/resources-for-journalists>
 - Use the Psychology Today therapist finder to search:
 - <https://www.psychologytoday.com/intl/counsellors>
 - Be open to taking medicine for your mental health.
 - Finding the right combination of medication was crucial in my recovery. It’s a tool worth exploring.
 - This is a personal discussion and you should be aware of any possible side-effects.
 - Mental health first aid training can be a good way to resource yourself:
 - <https://www.mentalhealthfirstaid.org/>
6. WORKERS COMP: You may have a workers compensation claim if you experienced severe trauma on the job.
- Workers comp can help pay for time off due to trauma, therapy appointments and medicine.

- Your employer likely has workers comp insurance for this reason.
 - The bureaucracy can be a pain to deal with, so I recommend enlisting a loved one to help you navigate this.
 - When these types of tasks were particularly difficult, having a personal advocate made a world of difference.
 - Learn about the rules in your state. There may be a time limit for filing a claim after an incident.
 - Some attorneys that specialize in workers comp in your state will do a free consultation.
 - More on workers comp claims in Colorado:
<https://cdle.colorado.gov/injured-workers/file-a-workers-compensation-claim>
7. It's important for managers to empower their people to advocate for what they need and to do what they can to meet them there.
- Consider this an investment in your people. If you don't help now, you risk burning them out and being forced to hire and train someone new.

As I said at the beginning of my chat, journalists are often exposed to trauma but not taught how to deal with it. I hope our conversation today gives you some tools to guide you through your potential trauma so that you know that you are not alone.

Self-Care and Coping with Trauma Resources

- Naseem Miller, The Journalist's Resource nmiller.work@gmail.com

[Dr. Elana Newman](#), Research Director, Dart Center for Journalism & Trauma and McFarlin Professor of Psychology, The University of Tulsa

[Naseem Miller](#), The Journalist's Resource

[Scott Blanchard](#), director of journalism at public media station WITF in Harrisburg, Pa., and a board member for the Trust for Trauma Journalism

Link to this document: <https://bit.ly/3vAaHfF>

Self-care

- [Self-Care Tips for News Media](#) (Dart Center): "These tips are offered as suggestions only, to assist in fostering healthier newsrooms and better journalism. They are based on research findings on well-being and resilience and the practical experience of news professionals in the field."

- [Safety and Self-Care Strategies for Every Beat](#) (Dart Center): Video, where a “panel introduced safety, security and self-care strategies that should be in every reporter's toolkit, for assignments ranging from neighborhood beats to disasters, mass shootings, and investigative projects.”
- [Mindfulness Training for Journalists](#) (Dart Center): On September 10, 2015, “the Dart Center hosted a special half-day workshop on mindfulness practice, led by teachers from the monastic community founded by poet, author and activist Thich Nhat Hanh.”
- [Chair Yoga for Journalists](#) (Dart Center): “This 11 min. chair yoga by former foreign correspondent Kimina Lyall, Deputy Director, Dart Centre Asia Pacific is for media practitioners working at their desks or working from home. You do not need to be a yoga practitioner.”
- [How journalists can take care of themselves while covering trauma](#) (Poynter): “Journalists can't properly cover trauma if they're suffering themselves — here's a guide to self-care.”
- [Under Pressure: Coping with stress, and knowing you're not alone](#): A tip sheet compiled by Ken Armstrong, senior reporter at ProPublica.
- [6 tips for protecting your mental health when reporting on trauma](#) (International Journalists' Network): “The following techniques may help journalists build [their] own resiliency and learn how to report sensibly on trauma-related issues.”
- [Self-care tips for journalists — plus a list of several resources](#) (The Journalist's Resource): There are many things journalists can do to improve their mental health. We share some practical tips from Dr. Elana Newman, research director at the Dart Center for Journalism & Trauma at Columbia University.
- [How to Maintain Mental Hygiene as an Open Source Investigator](#) (GIJN, Jan. 2023)
- [Mental health and self-care videos by National Association of Black Journalists](#)

Getting help

- [Choosing a Psychotherapist](#) (Dart Center): A guide for journalists seeking therapy for personal or work-related issues.
- [The Journalist Trauma Support Network](#): A pilot program training therapists to help journalists.
- [U.S. Journalism Emergency Fund and Black Journalists Therapy Relief Fund](#) (International Women's Media Foundation): “The International Women's Media Foundation (IWMF) is partnering with the Black Journalists Therapy Relief Fund for this joint effort to provide emergency funding to Black journalists.”
- [AAPI Journalists' Financial Assistance for Mental Wellness](#): “This fund, created in partnership with AAJA, is designed to provide financial assistance specifically for AAPI journalists to help you get the support you need during this time. There are

no therapists designated for this fund, so the money can be used at your discretion, whether it's to continue seeing your current therapist, to see a therapist for the first time, or to pay for your medication.”

- [Use these mental health resources to help yourself — or anyone else](#): A resource list by the LA Times, published in September 2022.

Apps and online tools for self-care

- [Insight Timer](#): A free library of thousands of guided meditations
- [PTSD Coach](#): Developed by the VA, the app provides education about PTSD, information about professional care, self assessment and tools to manage stresses of daily life with PTSD.
- [Mindfulness Coach](#): Developed by the VA, the app has been shown to be effective in reducing stress, increasing self awareness and helping with anxiety and depression.
- [Insomnia Coach](#): Developed by the VA, the app is based on Cognitive Behavioral Therapy for Insomnia.
- [COVID Coach](#): Developed by the VA, the app supports self-care and overall mental health during the pandemic.
- [Therapy for Black Girls](#): A resource to find a therapist.
- [Melanin and Mental Health](#): A resource to find a therapist.
- [The Association of Black Psychologists](#): Offers several resources, including a directory of Black therapists.
- [Provider Resilience](#): The app is designed to help users to stay emotionally healthy while remaining productive. Although it's designed for health-care providers, it can be useful for journalists.
- [Plum Village](#) app: Free app with guided meditations, deep relaxations and other practices offered by Zen master Thich Nhat Hanh and his monastic community.

Resources for managers

- [Tips for Managers and Editors](#) (Dart Center): “These tips are for managers and editors to help them prepare and support the reporters who do this difficult and important work.”
- [Leading Resilience: A Guide for Editors and News Managers on Working with Freelancers Exposed to Trauma](#) (Dart Center): “A collaboration between ACOS Alliance and Dart Centre Asia Pacific, this guide is designed to help editors and managers understand and support their teams. It is divided into five sections covering both general information and specific suggestions and tips for working with freelancers.”

- [Trauma Management Resource: Leading Resilience: A Guide for Editors and News Managers](#) (ACOS Alliance)
- [Managing Stress & Trauma on Investigative Projects](#) (Dart Center): “A tip sheet from [Dart’s] Executive Director Bruce Shapiro, originally released at the 2005 Investigative Reporters & Editors Annual Conference.”
- [How to add well-being to a newsroom natural disaster plan](#) (RTDNA): “Here are five strategies that are musts for any news team.”
- [Newsroom depression: Warning signs and strategies](#) (RTDNA): “News directors, you have a stressful enough job to deliver ratings, hire the right people and do the best you can to manage up every day. Pay attention. Here is a checklist of some of journalists’ vulnerabilities to emotional illnesses.”
- [Are you ready for trauma in your newsroom? New research may help](#) (RTDNA): “Managers who may have never experienced large-scale shocking events may lack needed experience to successfully navigate staff through unexpected emotional landmines. In Oklahoma City the [news] leaders learned [these lessons.]”
- [Staff care tips for managers and editors of news personnel exposed to traumatic events](#) (Dart Center): “Trauma and the coverage of extreme human distress is a core part of journalism. It can be important and deeply rewarding – but it can also affect us personally.... These tips are offered as suggestions to assist healthier journalists and ultimately better journalism.”
- [Journalism managers are burned out. Is it time for a work redesign?](#) (American Press Institute): “It’s time to take a look at newsroom jobs that are causing stress to the point of departure, burnout and collapse.”
- [Headlines Network launches free mental health training for newsroom leaders](#) (journalism.co.uk. 12/22)
- [Workplace Well-Being](#), a report by the U.S. Surgeon General. 2022.
- [Newsroom depression: One news director's story](#) (RTDNA)
- [Newsroom depression: Warning signs and strategies](#) (RTDNA)
- [Trauma in the Newsroom: Tips for Managers](#), by Dart Center.

Online Harassment

- [Online Abuse: A Self-Defence Guide](#) (Dart Center): “Online abuse and harassment come in many forms, from borderline incivility all the way up to systematic attacks that are engineered to inflict real psychological harm. This guide offers some thoughts on managing their potential impact.”
- [Maintaining Boundaries with Sources, Colleagues & Supervisors](#) (Dart Center): “This tip sheet, drawing on interviews with nine leading women in journalism and

other sources, offers strategies for recognizing, mitigating and addressing sexual harassment and other predatory behavior while reporting.”

- [TrollBusters](#): The website has videos and training material to fight online harassment.
- [A Guide to Protecting Newsrooms and Journalists Against Online Violence](#) (International Women’s Media Foundation.)
- [A Mental Health Guide for Journalists Facing Online Violence](#). International Women’s Media Foundation.
- [Online Harassment Field Manual](#). PEN America.
- [Digital Safety Snacks](#). PEN America, the Online News Association and the International Women’s Media Foundation.
- [Digital Security Resource](#). A collection of resources by [ACOS Alliance](#).
- [Protect Your Staff from online Abuse with a Formal Policy and A Response Plan](#). Naomi Ishisaka and Danny Gawlowski. Better News, January 2021.
- [Coalition Against Online Violence](#).
- [Keeping Journalists Safe Online: A Guide for Newsrooms](#). Reuters Institute and the University of Oxford.
- [How Newsrooms, Journalists, and Their Peers Can Combat Online Violence](#). Nieman Reports.
- [Practical and Legal Tools to Protect the Safety of Journalists](#). Thomson Reuters Foundation.
- [Resources for Protecting Against Online Abuse](#). Committee to Protect Journalists.
- [‘Women journalists more vulnerable to online harassment’](#). Rappler.com, December 2017.
- [Resources for Female-Identifying Journalists: Safety, Discrimination & Harassment](#). Global Investigative Journalism Network.
- [Our Reporter’s Work on COVID-19 Has Saved Lives. She’s Getting Death Threats](#). Matt DeRienzo. Center for Public Integrity, June 2021.
- From The Journalist’s Resource:
 - [“13 Security Tips for Journalists Covering Hate Online.”](#) April Glaser. May 2020.
 - [“Study Shows Female Journalists Face ‘Rampant’ Online Harassment.”](#) Denise-Marie Ordway. August 2018.
 - [“Self-Care Tips for Journalists – Plus a List of Resources.”](#) Naseem Miller. July 2021.

How our work can affect us

- [Covering Trauma: Impact on Journalists](#) (Dart Center): “An overview of current research on the occupational hazards for journalists covering traumatic events,

the risk factors that aggravate those effects, and some suggestions for mitigating those factors.”

- [How journalists' jobs affect their mental health: a research roundup](#) (The Journalist's Resource): “Journalists report on complex and difficult topics, including natural disasters, political violence and human suffering. We've summarized studies that look at how occupational stress affects journalists' mental health.”
- [Journalists are under stress. What's the solution?](#) (The Journalist's Resource): “A large body of research shows how journalists' jobs can pose a risk to their mental health. We searched these studies for tips on preventing and addressing the stress and trauma of reporting the news.”
- [News managers are traumatized, too](#) (RTDNA): “Terror attacks, natural disasters, and other deadly events send shockwaves of trauma throughout newsrooms and entire organizations. Managers can feel guilt, regret, and secondary stress reactions when the journalists they manage suffer from traumatic events.”
- [Taking Care: A report on mental health, well-being and trauma among Canadian media workers](#) (Canadian Journalism Forum on Violence and Trauma): “A first-of-its-kind national study, based on 1,251 detailed survey responses from freelancers to news executives, desk editors to frontline reporters and video journalists... ‘The Taking Care survey results confirm some of our worst fears and suspicions about our industry,” said Carleton University journalism professor Matthew Pearson, one of two lead researchers on the project,” according to the [press release](#).
- [Vicarious Trauma: A guide for journalists and newsrooms to recognize vicarious trauma and mitigate against it](#) (Headlines Network.)

Additional resources

- [The Dart Center Style Guide for Trauma-Informed Journalism](#): “This style guide is designed as a quick, authoritative reference for reporters, editors and producers working on tight deadlines. It includes brief evidence-informed guidance on news choices, language usage and ethics in reporting on the impact of trauma on individuals, families and communities; recommendations for appropriate use of relevant psychological and scientific terminology; and special considerations when reporting on consequential trauma-laden issues such as racism and sexual violence.”
- [Headlines Network](#), an organization that aims to create connections and drive conversations towards improving mental health in the media and communications industries.
- [Trauma-informed reporting: A tip sheet](#) (A dynamic Google Doc.)

- [Trauma & Journalism handbook](#) (Dart Center): The handbook distills the expertise of international trauma experts.
- [Mental health and journalism](#) (International Journalists' Network): A six-part podcast series featuring interviews with reporters and mental health experts.
- [Journalism and Trauma](#) (self-directed course on Poynter): "This course will teach you how traumatic stress affects victims and how to interview trauma victims with compassion and respect... [and] how to take care of your own health after covering a traumatic event."
- [Covering Mass Tragedies](#): Tips, story ideas, resources and words of encouragement by members of 'Journalists Covering Trauma' Facebook group.
- [Covering Sensitive Issues and Coping with Trauma](#): Moderated by Pulitzer Center Campus Consortium Coordinator Hana Carey, the panel focuses on reporting on sensitive issues and recuperating from traumatic experiences in the field.
- [Mental Health for Journalists](#) (Journalist's Toolbox): "This page features resources for journalists with mental health needs and also links for covering mental health."
- [When the News Breaks the Journalists](#) (J-Source): "Journalists are coming out and talking honestly about mental illness."
- [Job burnout: How to spot it and take action](#) (Mayo Clinic)
- [Remember, journalists, to take care of yourselves](#) (Poynter)
- A [tip sheet on self care under stress](#) by ProPublica reporter Ken Armstrong.
- [Covering Trauma: Impact on Journalists](#), by Dart Center.