

Self-Care and Coping with Trauma Resources

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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.