



*Investigative
Reporters & Editors*



OpenNews

You are as important as the work

Kim Brice, wellness coach, [Grace and Grit](#)

Mar Cabra, data journalist, [@cabralens](#)

Benét J. Wilson, aviation journalist, [@AvQueenBenet](#)

Sisi Wei, director of programs, OpenNews, [@sisiwei](#)

Denise Malan, deputy executive director, IRE, [@DeniseMalan](#)

Ryan Pitts, OpenNews, [@ryanpitts](#)

Webinar recorded June 26, 2020

Link to this tipsheet: bit.ly/ireopennewswebinar

Link to webinar recording bit.ly/ireopennewswebinarvideo

In this case, the recording is imperative to watch and get the most out of the session, here we list additional resources that can help to augment the experience.

Why this matters

Historically, journalists have been taught to be available 24/7, never blink and never stop. But as Mar Cabra learned first-hand while working on the [Panama Papers](#) investigation, that can lead to burnout. This tipsheet is not a replacement for watching the webinar (please don't miss this informative and encouraging video) but it is meant to resources that can help you become a healthier and more effective journalist.

Wellness coach Kim Brice says trauma is an event that we experience as unbearable or intolerable for any reason. We can feel vicarious trauma, generational trauma (as the pain of racism is passed down genetically), personal trauma and collective trauma. She argues that at this moment, with COVID-19 and a racial reckoning in this country, we are in collective trauma. The first step in dealing with it is recognizing it.

We are all processing as well various degrees of guilt and shame: guilt and shame of experiencing, or not experiencing racism; survivor's guilt if we somehow are still able to work in these tough times and were able to hang on in the news industry; guilt that we aren't doing enough work or the shame that we haven't done enough.

Also, Kim mentioned the power of the three degrees of saying no when asked to do more work or labor in any sense.

- There's saying NO altogether.

- There's saying no in the sense of not answering immediately and possibly saying maybe later when I am in a place to better handle.
- And thirdly, there's saying no but let's see how we can resolve what's needed right now.

Now onto some resources:

Transforming stress

- **A free online stress management program designed for journalists starting on July 7.** Join a 90-minute webinar, weekly 30-minute meetups over a one-month period and access one-on-one coaching. For more information go to <http://www.theselfinvestigation.com>
- **Microbreaks are essential.** Access a recording of a [3-minute breathing space meditation](#), perfect for microbreaks. Listen to the recording a few times to get the hang of it and then integrate it into your daily routine wherever you are.
- To access more of **Kim's meditations from the mindfulness-based stress reduction course**, click [here](#).
- If meditation is not your thing, try [The Breathing App](#). It is inspired by resonance, the scientific name that describes what happens when our heart rate, heart rate variability, blood pressure, and brainwave function come into a coherent frequency. Practice daily however long you like!

To better manage digital overload

- Technology connects us, but being connected all the time can lead to an unbalanced life. Benét says she turns off Slack notifications at night and on weekends. Mar says she's learning to place boundaries and have a different connection with technology that includes not working with your email open.
- Here are some [recommendations](#) from the Center for Humane Technology to support you to take control of your attention;
- This Harvard Business Review article talks about why we need to avoid the [Attention Deficit Trait](#)
- The Digital Wellness Collective has a [digital wellness toolkit](#)
- Digital well-being tips are available by some tech companies, like [these from Google](#); and
- Tristan Harris' TED talk entitled, "[How a handful of tech companies control billions of minds every day](#)."

Places to get therapy

To help anyone find an inclusive therapist:

- <https://www.inclusivetherapists.com/>

For the Black community:

- <https://therapyforblackgirls.com/>
- <https://www.womenshealthmag.com/health/a32826823/free-therapy-black-community/>

Additional Events/Resources

- **From the Philadelphia Association of Black Journalists**, the first and oldest association of Black journalists in the country, and the founding chapter of NABJ, [a wellness event coming up soon](#).
- **A wellness group for Black women:** <https://www.join-real.com/group-support-series>
- **Journalists of color Slack:** <http://journalistsofcolor.us/>
- **Acumen Academy adaptive leadership course:**
<https://www.acumenacademy.org/course/adaptive-leadership>