

Here are some suggestions for coping with the stress of covering the pandemic as well as resource links.

1. Listen to yourself. Do not ignore signs telling you that you have been impacted.
2. Talk about your stress with family, friends, colleagues. Especially find someone who you feel comfortable talking with. Share your concern with your editors. Help colleagues feeling overcome. Remember - we journalists are human and not immune to stress.
3. Reassure family and friends that you know about their concerns and that you know you need to be safe. That will help you and them.
4. Find ways to relax during the workday and outside of work. Try mindfulness, meditation, listening to music, yoga, exercise, naps. Plan your work so that you are not exhausted physically and emotionally.
5. When interviewing: let people talk and control the discussion. For those overcome by grief, stop and tell them you will return or calmly go over the least upsetting details of their stories with them, so you understand it clearly. Remember: trauma confuses us and mixes up our recollections. Assure them that you will respect their feelings. Don't fake compassion – tell them how you feel if you want to.
6. Learn how your body and mind react in stressful interviews so you can plan how to prepare and to deal with a difficult interview.
7. Avoid giving those you are interviewing the impression that they could have done more for themselves or others.
8. Review your precautions/plans for your physical and mental health regularly, so you are comfortable with what you are doing. It will help lower your stress.
9. Help your colleagues to set up a group discussion or group plan how to deal with stress. When you have time and calm, think over your stressful experience and what you have learned from it.

Your work is very important and so are you.

Here are links to sources for journalists:

An extensive and overall look at how to report on the virus and how to deal with the issues that face you as a journalist, Global Investigative Journalists Network. <https://gijn.org/2020/03/24/how-journalists-can-deal-with-trauma-while-reporting-on-covid-19/>

How to interview remotely: advice on how to do your reporting and how to deal with the mental stress you may face, Ethical Journalism Network,

<https://ethicaljournalismnetwork.org/reporting-on-covid-19-remote-interviewing>

An extensive list of resources and advice for covering trauma and the virus, from DART, The Center for Journalism and Trauma

<https://dartcenter.org/resources/covering-coronavirus-resources-journalists>

A report for journalists and editors on covering trauma from the Dart Center. https://dartcenter.org/sites/default/files/DCE_JournoTraumaHandbook.pdf

A well-developed strategy for how to report on trauma, from the Search for a Common Ground and Radio for Peace Building Africa,

https://www.sfcg.org/programmes/rfpa/pdf/2011-Covering_Trauma_Color_EN.pdf

A Webinar from journalists around the globe who have covered the pandemic, from the International Women's Media Foundation, do not change stories, <https://www.iwmf.org/lessons-learned-from-journalists-covering-global-pandemics/>

Advice for editors on assigning journalists to cover the virus, Committee To Protect Journalists, USA, <https://cpj.org/2020/04/editors-checklist-preparing-covid-19-assignments-safety/>

Mental Health Tips And Resources for Journalists, advice for reporters and for editors and newsroom managers, International Federation of Journalists, <https://ijnet.org/en/story/mental-health-tips-and-resources-journalists>