

What to Do If You Are Upset by the News



Are You Upset by the News?

The news is important to let 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.

Confused

Anxious

Upset

Worried

Angry

Scared



What Happened and Why?

There are many good places where you can find out the important facts about what has happened, including television, newspapers and the Internet.

These are useful to help you recognise what is fact and what is rumour. There may be lots of rumours about certain events. Try to avoid listening to these, either among friends or online, as they can make you feel more anxious.

There are news websites for younger people where you can find out more:

Newsround

First News

Twinkl NewsRoom



Is It Normal to Feel Upset?

Trying to understand why something happened can be upsetting and confusing. Talking to a parent or another trusted adult can help you understand what has happened and manage your feelings.

Some of the things that you hear in the news might make you feel worried, upset or scared. It is normal to feel these emotions. Adults get upset too so you are not alone.



Who Could I Tell?



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

Parents, guardians, family members and teachers are all people you can talk to if you are 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, either in person or online.

What Should I Do If I Am Upset?

Make a list of things that make you feel happy or safe. If you are feeling upset, choose one of these activities:

- Spend time with your family, friends and pets
- Look at some photos of happy memories
- Watch your favourite film
- Play a favourite game
- Listening 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.

Could This Happen to Me?

The reason these stories are in the news is because they do not 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.

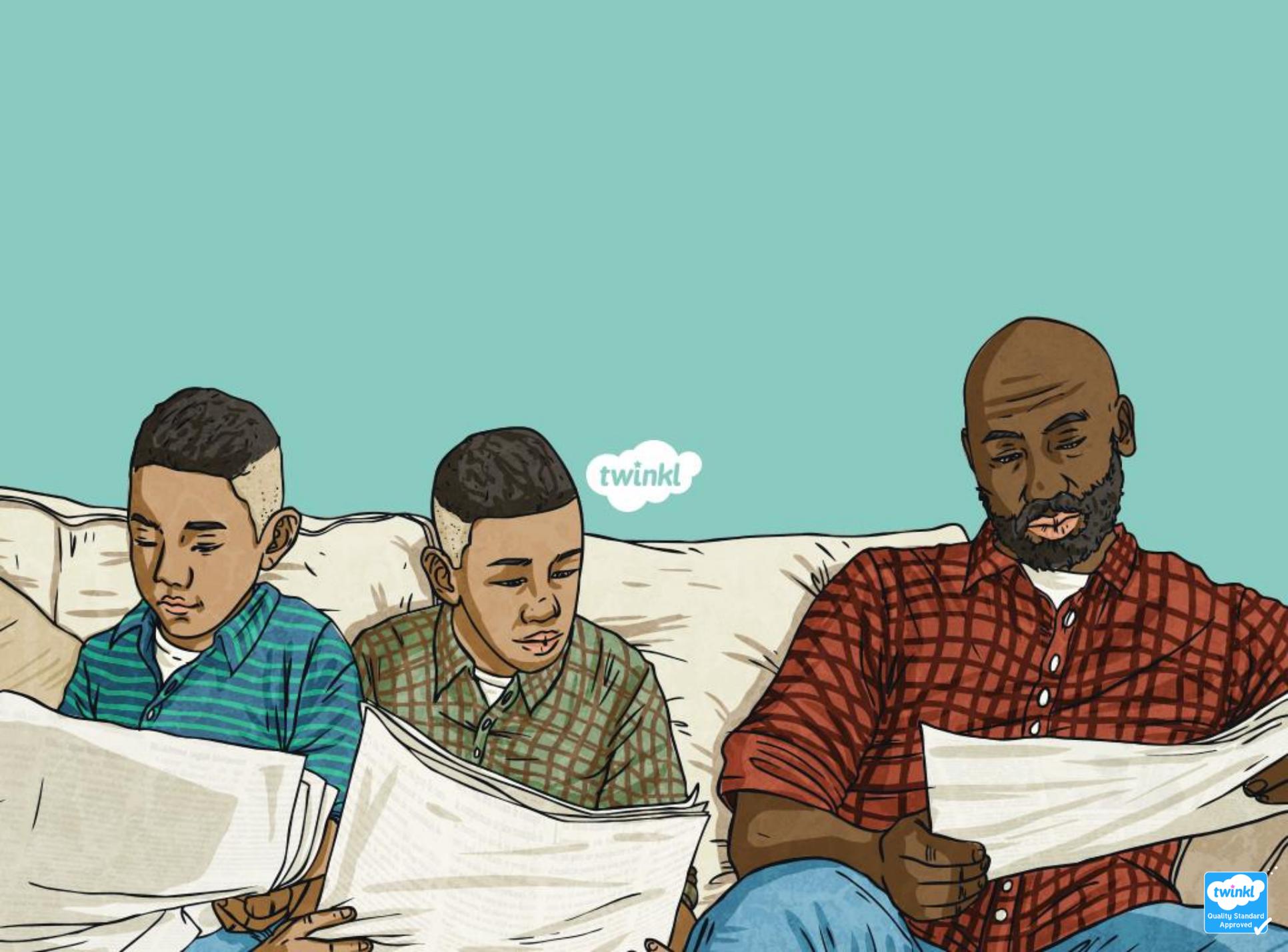


How Can I Help?

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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