Dealing with the overflow of information during COVID-19

According to the World Health Organization, the sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. There is extensive news coverage about the COVID-19 outbreak. While it is important to keep abreast of the most up to date information relating to the status of COVID-19, measures put in place by government and the like; the overflow of information needs to be managed to support and manage our wellbeing.

These are some of the ways you can deal with the overflow of information:

Check in with yourself and assess how you are doing, physically and mentally. If you find that the news is causing anxiety and stress for you, focus on how you filter this information and find a balance. Give yourself permission to take a break and unplug from the constant flow of information.

Ensure that you are empowering yourself and those around you with the right information. Avoid listening to or following rumours or sensationlising things. Fake news and speculation can fuel anxiety. Before reacting to any concerning messages, be sure to check these on reliable websites or news platforms. If you are sharing content, do this from trusted sources only and remember that your friends and family may be worried too.

Balance the information you engage in. Find the positive stories as well. Focus on the recovery rate as being a good news story. It might make it easier to temporarily unfollow social media accounts that only focus on the negative and to decide which accounts you will follow so that you don't feel overwhelmed.

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