



Who

Apr. 4, 2022

**RYAN &
BLAKE**

**OUR
10-YEAR
SECRET!**

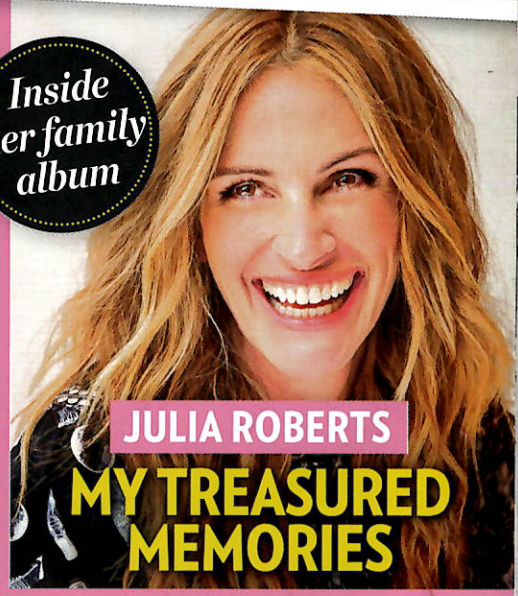
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KATE & WILLIAM

**AS YOU'VE NEVER
SEEN THEM!**

Inside
her family
album



JULIA ROBERTS

**MY TREASURED
MEMORIES**



BEN & J.LO

**SPLASH OUT
ON \$74M HOME!**

TOO MUCH BAD NEWS?

Here are five tips to prevent world events from consuming you right now



If you or
someone you
know needs help,
contact Lifeline
on 13 11 14 or
lifeline.org.au

NAOMI
WATTS

If you're feeling overwhelmed at the state of the world, you're not alone.

Psychologist and Headspace app mental health expert Mary Spillane says our emotions can run rampant in times of crisis, noting common feelings such as stress, anxiety, helplessness or even guilt can impose at any time.

"Women in general pay much more attention to negative news than men so they're kind of wired to pay attention to this negative stuff, which can then, of course, impact how they're feeling about the world," Spillane says.

If recent events of war and flooding – or even just the fact there's been a two-year pandemic – are impacting your wellbeing, consider the following to help you find some peace of mind ...

NORMALISE YOUR FEELINGS

First things first, acknowledge that you must feel your feelings.

Though uncomfortable emotions can impact us negatively, it's important to normalise them.

"When there are things going on in the world like they are currently, it's reasonable that we'd have a mixture of emotions in response to what we're seeing," Spillane says.

"Make sure you're not demonising your emotions, or think that there's something wrong with you because you're feeling."

FIND A WAY TO CONTRIBUTE

Especially in the case of remedying guilt, Spillane says, if you're able to, you can find actionable ways to contribute in a crisis.

"So it might be that you make a donation or write a message of support to someone or do something small," she explains. "This can help you to feel as though you're contributing in some way."

LIMIT YOUR NEWS INTAKE

With news at our literal fingertips, it's easy to believe that we need constant updates about world events, yet Spillane says we should try to limit our consumption.

"It might be that the 6pm news is when you're going to sit there and watch it and consume it and then for the rest of the day, try to avoid watching the news or reading articles, and really try to limit and not scroll," Spillane advises.

If you need to know what's going on in your region, have your news apps only notify you of local news.

CONTROL WHAT YOU CAN

As the world is full of uncertainty, it's

understandable you might feel out of control at times.

If your mind can't help but turn to worst-case scenarios about your future and your family's, Spillane says you should turn to what you can control.

"This can be as simple as just being in a really good routine and spending quality time with friends, family and loved ones," she advises.

"Doing those sorts of things can help you feel positive about the world and can give you a sense of control."



KERRY WASHINGTON

HEALTH NEWS



MOTHER'S DAY CLASSIC

This year the iconic Mother's Day Classic race will celebrate its 25th anniversary as Aussies get together on May 8 to support the National Breast Cancer Foundation and fund lifesaving research. In the years since the Classic began, the five-year survival rate for breast cancer has increased from 76 per cent to 91.5 per cent. Register to walk or run at one of the events, or make a donation. nbcf.org.au



HELP AT HAND

More than one in five Aussie children have experienced food insecurity (a lack of access to nutritious food) within the past 12 months, which can lead to learning difficulties and behavioural problems in school. To make a difference, T.House is donating 100 per cent of profits from every Bento Three lunch box they sell to food charity Eat Up Australia, which assists over 600 schools across the country.

TRY MINDFULNESS

Spillane says mindfulness plays a vital role in managing stress levels as it distracts you from negative news and anxious thoughts.

"Try to do a daily breathing meditation. It might only be for five minutes but it can really improve or turn down the dial on your emotional intensity," Spillane says.

"Because we're so often getting caught up in what's going to happen, or sort of ruminating on what has happened in the past and how bad it's been, we lose sight of what's happening right now."

If you struggle with meditative mindfulness, other activities can include mindful eating, gardening or walking – allowing you to observe activities rather than focus on your thoughts.

If your mental health is suffering and you feel like you might need additional help, talk to your GP and ask for a referral to a psychologist under a mental health treatment plan, which enables up to 20 subsidised sessions.