

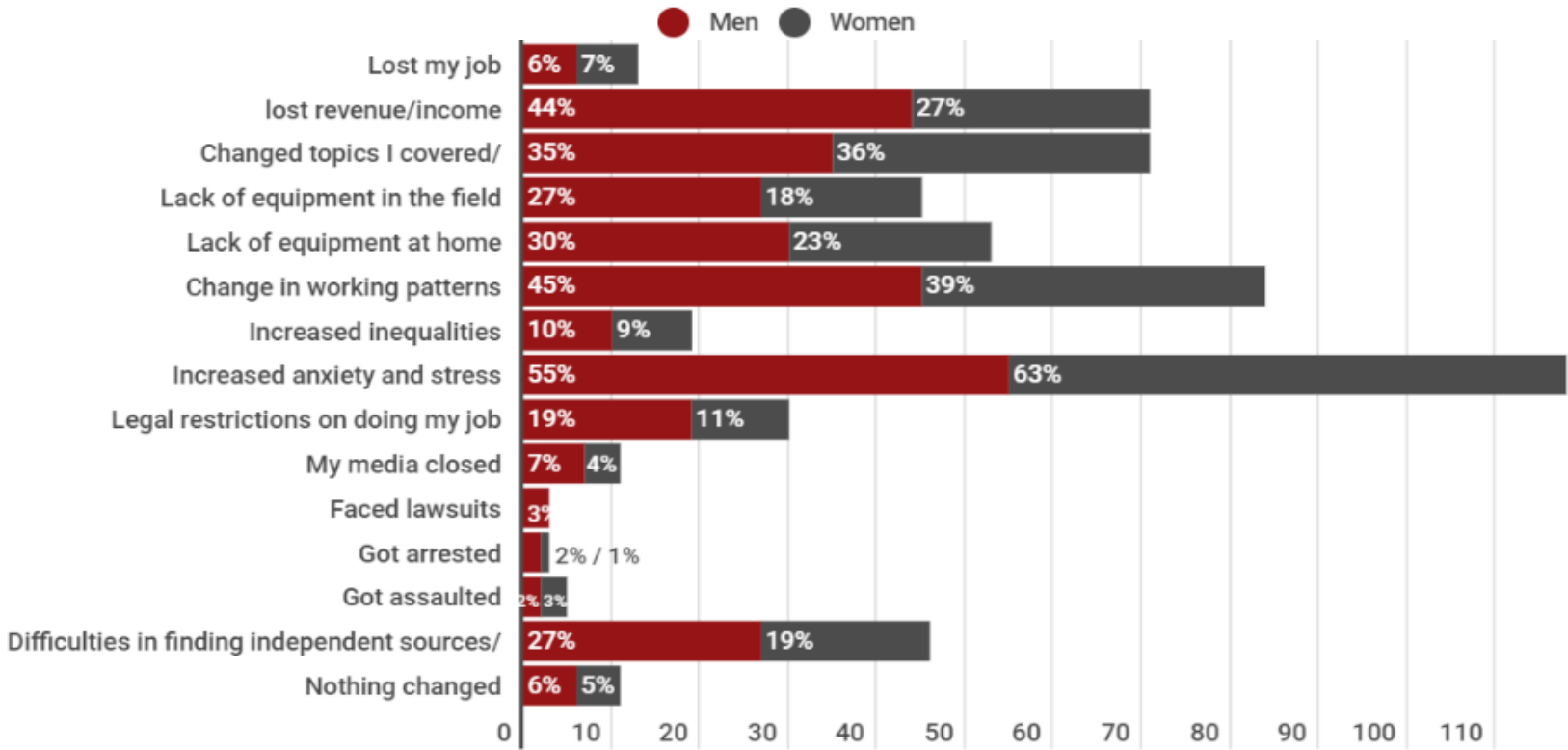
Stress management for journalists

Kim Brice and Robin van Raaij



Results of IFJ April 2020 survey

How has your work been affected by the outbreak? Men and women responses comparison



Source: IFJ Global Survey



What is Stress?

*What our **body, mind and emotions** do automatically, when we **perceive** a situation as exceeding our abilities, as threatening, or overwhelming.*

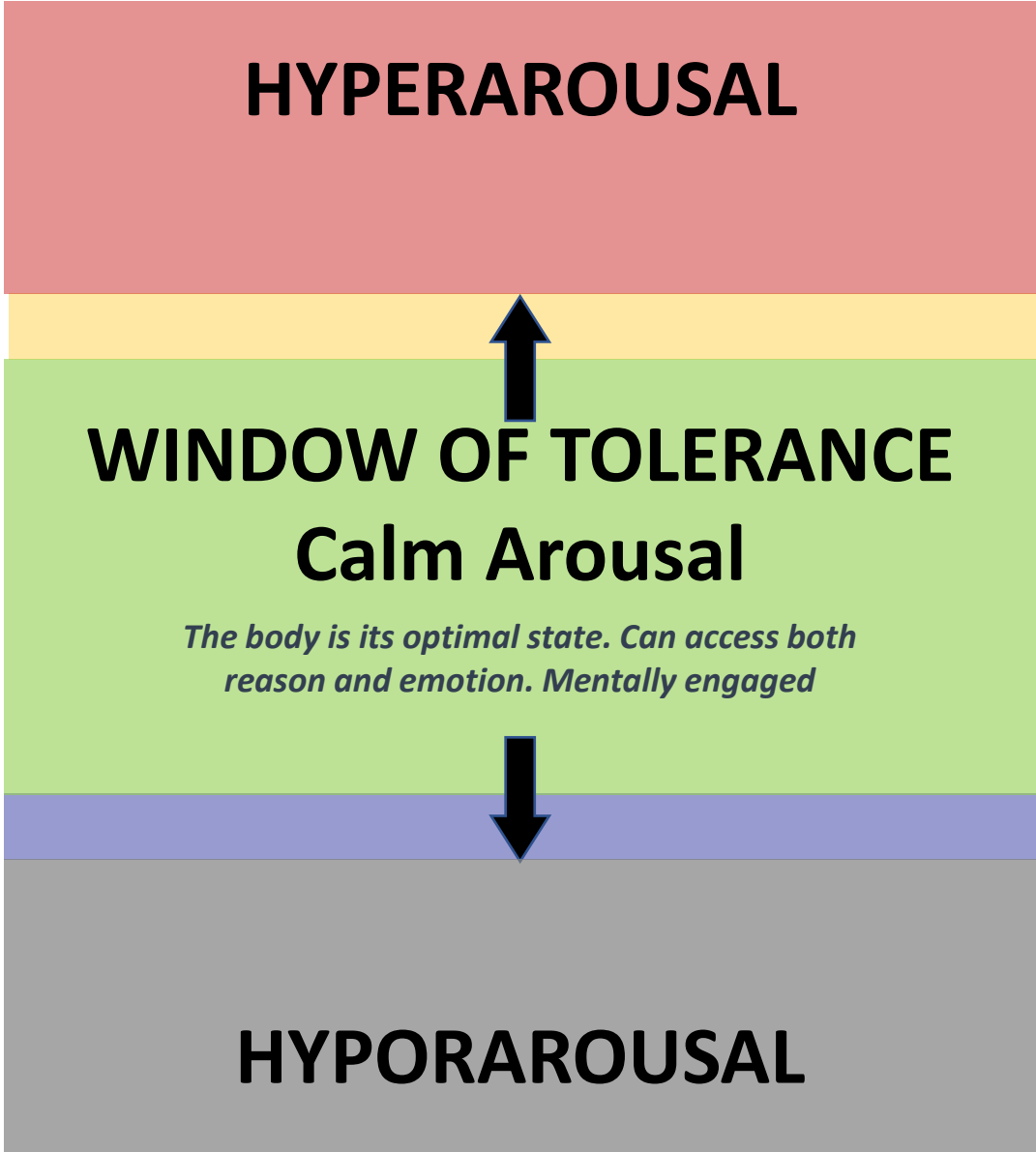


Healthy and unhealthy levels of stress

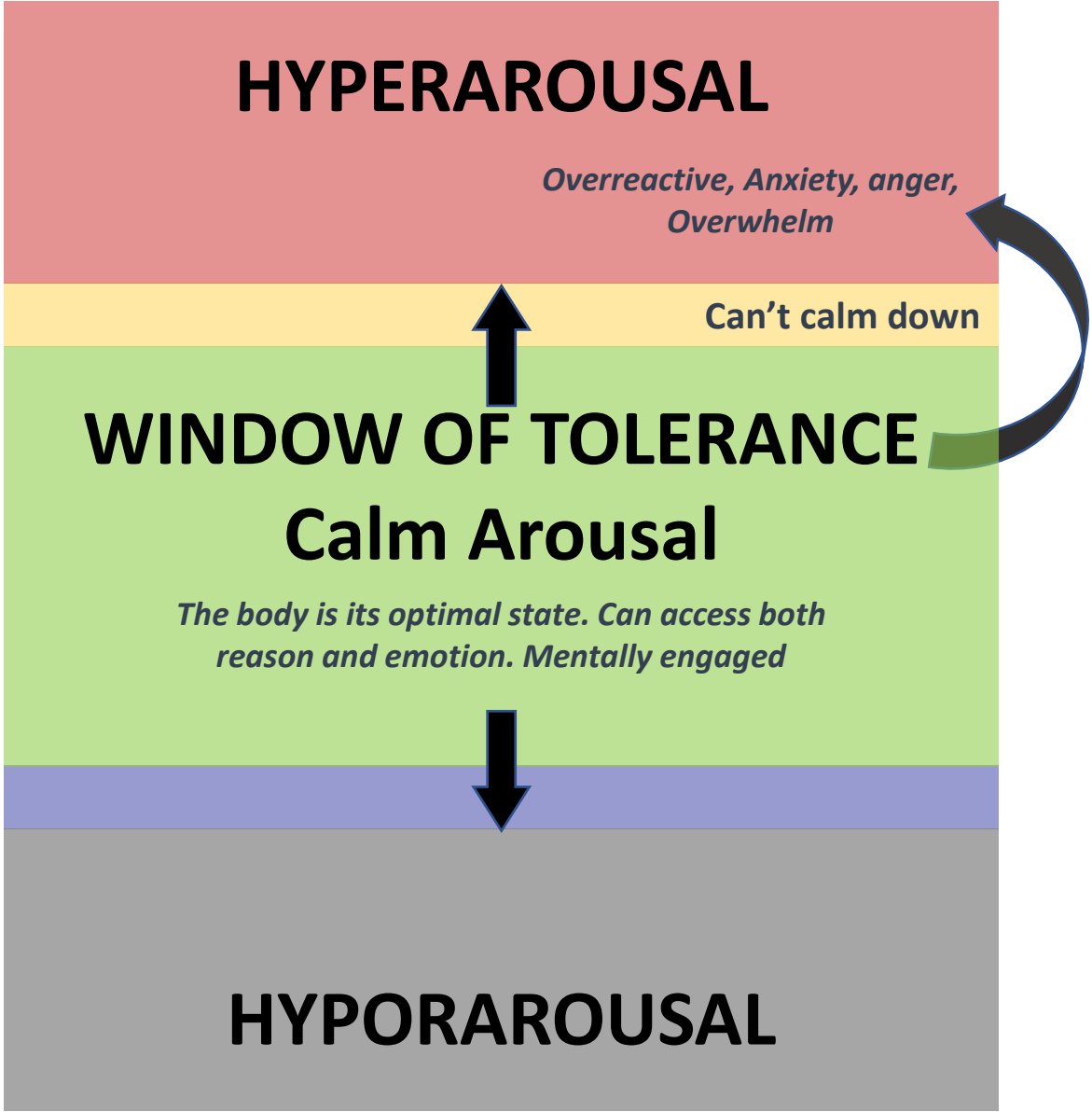


Inspiring Mountains

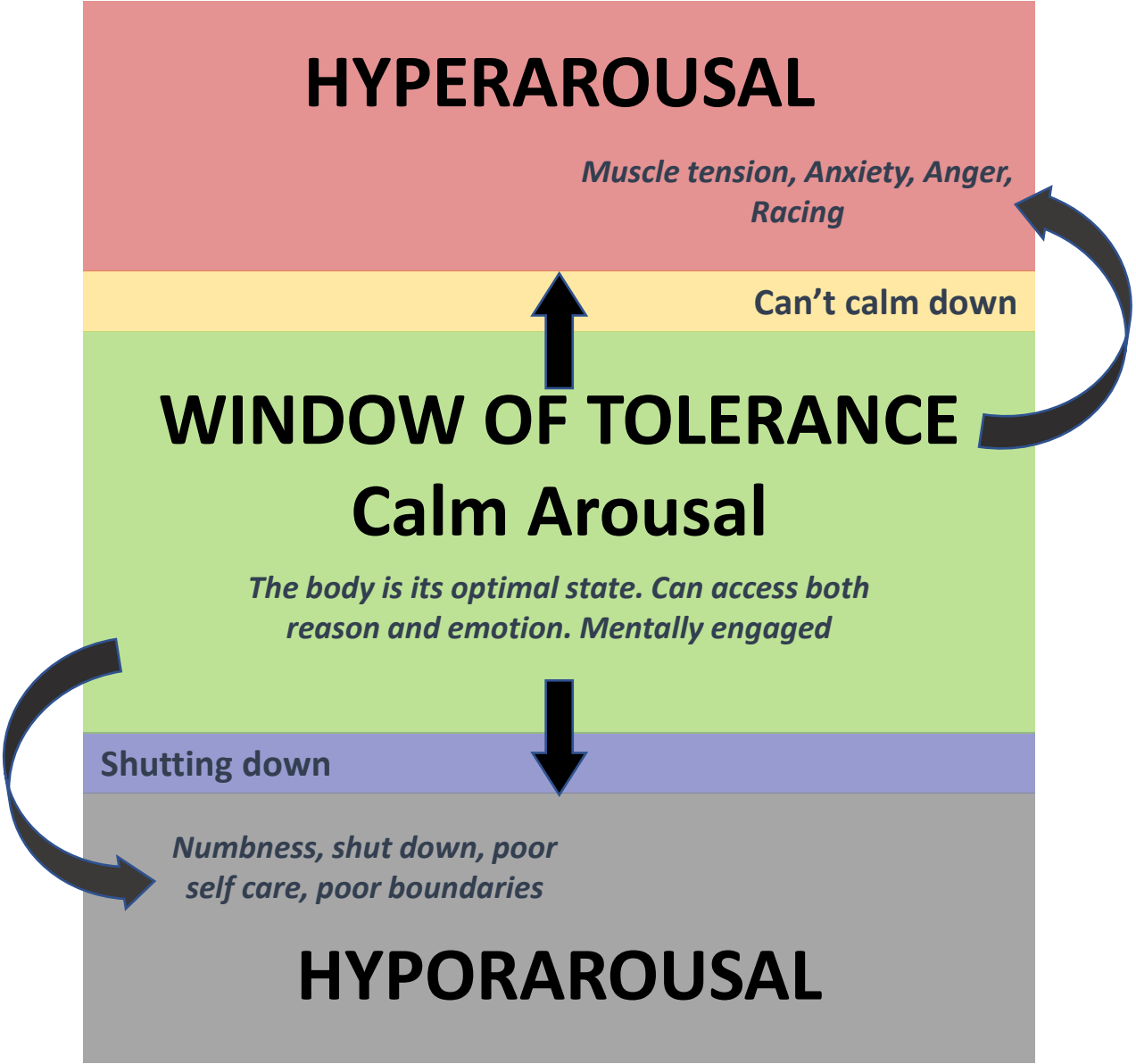
The Window of Tolerance



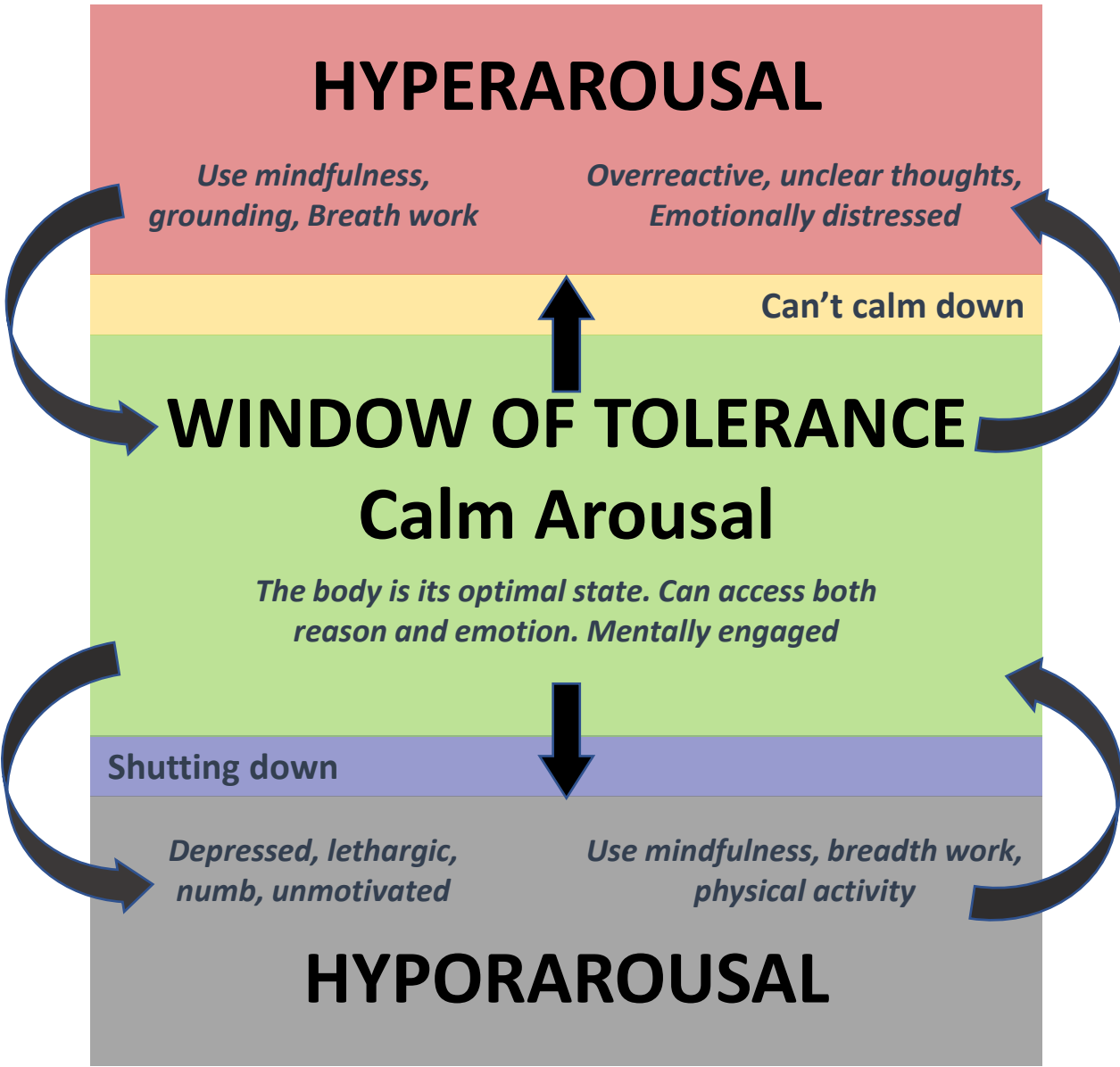
The Window of Tolerance



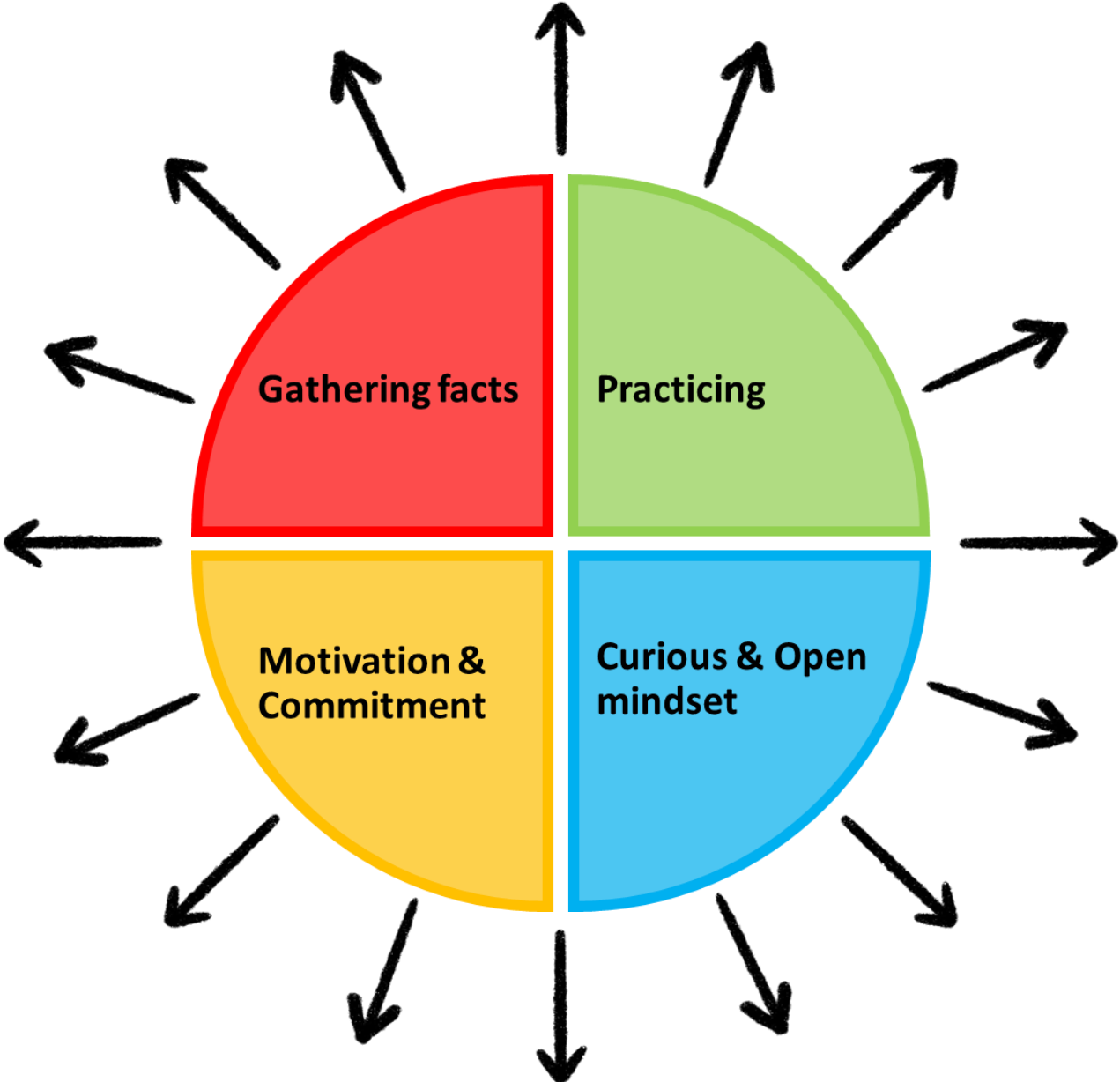
The Window of Tolerance



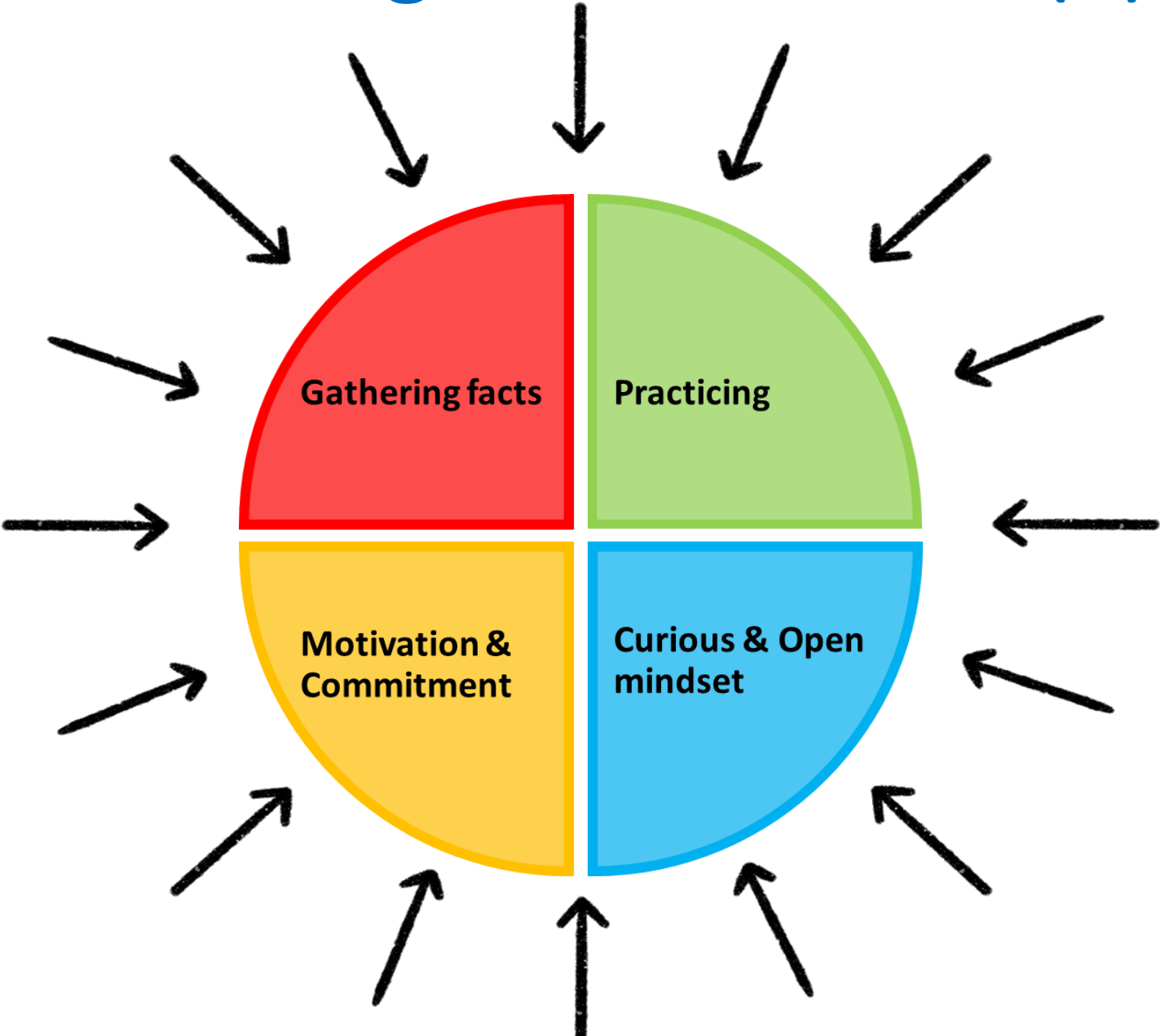
The Window of Tolerance



The Self-Investigation Method (1)



The Self-Investigation Method (2)



Two stress management tools

1. Conscious check-in.

Purpose: to notice when you are in or out of your Window of Tolerance.

2. Centering practice

Purpose: to bring yourself back into your Window of Tolerance.



Practice - strengthening new capacities

1. Conscious check-in with yourself (handout)

5 times a day, until the next meet-up.

2. Centering practice (recording)

5 times a day, until the next meetup.

Practice whether you are stressed or not. Use a timer to remind yourself or practice during set activities: before a meal, before starting a new activity, before drinking a coffee/tea ...



Meetups, Resources and Coaching

Meetups – Mark your agendas!

Every Tuesday at 16:00 (CET) until September 20

Sign up here: <https://dataharvest.eu/program-2/>

Handouts and recordings

<https://dataharvest.eu/slides-and-handouts-2020/>

Coaching - 10 free sessions available

Sign up here: <https://en.inspiringmountains.com/request-for-coaching>



Take away messages

- 1. You are as important as your work**
- 2. You only get one body and mind to take you through life.**
- 3. Self-awareness: If you don't know what you are doing, you won't know how to change it.**
- 4. Adopt a new practice: we can't stop doing something, unless we have something else to do.**

