

HOW JOURNALISTS CAN DEAL WITH THEIR STRESSES

BY: STAN POPOVICH

1. LONG HOURS. PRESSURE TO MEET DEADLINES

Prioritize and do the most important items first. Learn to plan ahead and take breaks. Communicate with others if you have too much to do.

2. COVER STORIES TAKE A TOLL

Do not ignore any potential mental health symptoms such as increased anxiety and episodes of depression. Join a local mental health support group/ Talk to a counselor.

3. JOB UNCERTAINTY. DECREASE IN MORALE

Focus on doing your best. Develop friendships with others. Keep your resume current and develop a network of friends in the industry. Be proactive in your career will give you options.

4. EVERYONE IS DEMANDING

Communication is key. It's important to get see things from the other person's point of view. Find solutions that work for everyone. Delegate when possible. You can't please everyone.

5. ARE YOU STILL STRUGGLING?

Get advice from family and friends. Talking to others can give you ideas and different approaches Do not ignore your mental health, or it will catch up to you.

ABOUT STAN

Stan is a mental health author at www.managingfear.com. His advice has been featured on NBC, ABC, CBS, and Fox News. You can Google Stan and please pass along!

Stan is available for any future mental health collaborations, stories, and interviews.