



Pause, Reset, Nourish:

Limiting Negative Inputs

WHEN TO USE

- Throughout the day by limiting various forms of negative information

CATEGORY

Thinking or cognitive strategies

THE SCIENCE BEHIND THIS PRACTICE

The stress response is not only activated by an actual threat in front of us, but also by simply thinking about a threat. If we are bombarded with negative inputs from news, social media, gossip, and so forth, this will ignite our stress response, and can quickly put us into feelings of overwhelm.

OVERVIEW

Becoming aware of all the sources of negative information that you are exposed to and recognizing what you do and don't have control over. Then taking the initiative to block or limit negative information as much as possible. It is recognized that during the COVID-19 crisis we need to have current, accurate information, but we do not need to be continuously exposed. Checking reliable sources of information, no more than a couple times a day can prove helpful in keeping our minds and bodies calm.

<p>WHAT IS NEEDED</p>	<p>Your open awareness to recognize all the sources of negative inputs you have. It can be helpful to take inventory of these sources. Some examples are: social media, continuous news feeds (turn these off), unreliable sources of information, gossip, negative or complaining people, entertainment that is focused on crisis (limit watching/reading things like "CSI"), etc. Please note that visual information tends to be more activating than audio information only, so listening to short audio news broadcasts can be less activating than watching graphic images.</p>
<p>PAUSE</p>	<p>Take a full, deep breath, allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?</p>
<p>RESET</p>	<p>Perhaps remind yourself of all the ways in which you are actively limiting your negative inputs. Know what to say to others who are spreading negative or inaccurate information. For example: "I know you are trying to be helpful, but I'm not sure that what you are saying is accurate. I'm really trying to stay calm by focusing on small chunks of helpful information and trying to remind myself about what's important to me."</p>
<p>NOURISH</p>	<p>Notice once again what is here for you now with curiosity and without judgement. It can also be helpful to: remind yourself of what is important to you, connect with your resources (see PRN Resourcing), connect with someone who tends to be positive/optimistic, look at inspirational images or quotes, share a joke, etc. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.