

Dealing with bad news



Yes, we should stay informed about what is happening around us, but do you ever get yourself overwhelmed?

The key to this is to take note of when and how you consume the news.



Keep up to date with current news



Use the following phrases to fill in the blanks below.

stop and take a deep breath

and get fresh air

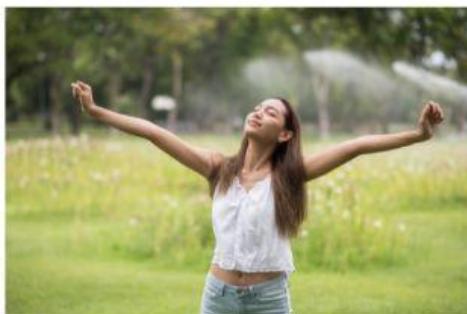
listening to music

but don't get obsessed with it

24/7



Relieve stress by



When it feels overwhelming,



Spend some time outdoors