

# Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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## NEWS OVERLOAD AND HOW TO AVOID IT

**Q: It seems like everywhere I go, from the dry cleaner to the diner, the TV news is on and it's all bad. Why does everyone have the news on all the time?**

**A:** You are not alone. Whereas we used to be able to tune in to the evening news to catch up on the day's events, we are now bombarded with news from a variety of sources including the car radio, cable TV news, and social media outlets. All these sources are competing for our eye and ears around the clock. Technology innovations created the need for content, giving us the 24-hour news cycle. It seems as if we've conditioned ourselves to crave breaking news. We sit in front of computers and smart phones, checking for updates. At some point, it gets to be too much.

Research shows that watching too much coverage of traumatic events can cause symptoms associated with PTSD (Post-Traumatic Stress Disorder). Images of plane wreckage and destruction, or sounds of gunfire and bombs, are somehow attractive to our senses for reasons that science doesn't totally understand. Perhaps it's a need to understand our complex world. Perhaps it provides us with a sense of security to see bad things happening elsewhere to someone else. It's hard to simply look away.

How much is too much? If you experience any of the following emotions after watching or listening to news, maybe it's time to take a break:

- Anxiety / Worry
- Depression / Sadness
- Fearfulness
- Despair / Hopelessness

## JOKE OF THE MONTH

*What's a good name for a retired artist?*

*Drew*

Here's how to break the "news junkie" habit:

- Don't consume news from any source (newspaper, TV, radio, social media) before bed.
- Ask restaurants, bars, stores, etc., to change the channel or turn off the TV.
- Listen to music or books on tape in the car.
- Participate in activities that don't require electricity or accessibility, such as gardening or swimming.
- Turn to creative pursuits like painting, drawing or writing.
- Read or watch something for pleasure, for instance a favorite magazine or funny movie.
- Practice exercises that quiet your mind, such as Tai Chi, yoga, meditation or prayer.

These techniques will help re-train your brain to not need the constant stimulation of breaking news. You will always find the most crucial information somehow, but without all of the unfiltered commentary and hysteria that accompanies it.

### Source:

<http://newsnetwork.mayoclinic.org/discussion/negative-news-overload-turn-off-take-action/>

<http://www.ptsd.va.gov/professional/trauma/basics/media-coverage-traumatic-events.asp>

## WILL CALL

*Do you or someone you know need our assistance? Call toll-free (888) 994-3863 or [wrpioneers.org](http://wrpioneers.org)*





## KEEP HOPE ALIVE IN 2017

Each January 1st, we face the prospect of a new year, wondering or worrying about what the new year will bring. We **hope** it will be a good year. We have **faith** that everything will be fine. We summon the **patience** to see it all play out, day by day, until the next new year. It's what we have to do. It's how we stay motivated to keep moving ever-forward in our lives.

**Hope** is a belief in the possible. Even if something doesn't seem probable, we still might think it's possible because we have hope. To maintain hope, you need to believe a future is coming. Believing in the possibility of a future event keeps us engaged in life and community. When things don't work out as we hoped, we find something else to hope for. And on it goes.

**Faith** is based on trust. The word is tied to religion because it is a belief and confidence in something outside yourself, but religion is not necessary to have faith. You can have faith in your fellow citizens. Your hope might be based on faith in a system or person whom you trust to bring about a desired outcome. Have faith in yourself! Believe in yourself and your ability to accomplish your goals.

**Patience** is a difficult practice in Western culture. We want it all now: food delivery, breaking news, streaming video, on demand! We have cheated ourselves out of the ability to wait, and to savor the waiting. Change takes time. Maybe that's why there are so many days in a year. If you want to lose 15 pounds, be patient with yourself. Lose one or two pounds first, then one or two more. Enjoy each new weight loss. Waiting in the doctor's office? Read a book! Waiting on hold? Do some stretches. Have patience.

Open a 2017 calendar. Let the blank pages inspire you to fill this year with messages of hope, reminders of faith, and the patience to let each new day roll out in front of you.

Happy New Year from your social workers at Will Rogers' Motion Pictures Pioneers!

### Resources:

"5 Ways Leaders Keep Hope Alive In Difficult Times" by Glen Llopis 8/19/13 available at: <http://www.forbes.com/sites/glennllopis/2013/08/19/5-ways-leaders-keep-hope-alive-in-difficult-times/2/#772dc3756140>

"How To Believe In Yourself" by Leo Babauta, available at: <https://zenhabits.net/believe/>

## “ QUOTE OF THE MONTH

*It isn't what we don't know that gives us trouble, it's what we know that ain't so.*  
- Will Rogers

