Navigating Media Related Anxiety

- **Stay informed**—but don’t obsessively check the news.

- **Stick to trustworthy sources** such as the CDC, the World Health Organization, and your local public health authorities.

- **Limit how often you check for updates** and step away from media if you start feeling overwhelmed.

- **Ask someone you trust to pass along any major updates you need to know about.**

- **Be careful what you share.** Do your best to verify information before passing it on. Snopes’ Coronavirus Collection is one place to start.

**Links and Resources:**
- Coronavirus Anxiety Help Guide
- Snopes’ Coronavirus Collection
- 8 Ways to Stop the Spread of Coronavirus Misinformation

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