



## **Navigating News and Social Media for Members of Marginalized Groups**

These are stressful times for members of marginalized groups, such as those in the BIPOC or LGBTQ+ community. If you belong to more than one of these groups, you may be experiencing stressors from multiple angles. These tips are offered as suggestions which may be helpful for you.

### **1) Limit or control your news and/or social media consumption**

Limiting your screen time is often healthy, especially when whatever you're watching or reading makes you feel sad, fearful, or angry. You may want to avoid reading comments on posts and news stories. You can set a timer to limit device time, or you can control the content you see in most apps by selecting "not interested" or "hide post." Don't hesitate to hide, unfollow, or block people who are posting content or comments that are harmful. Be intentional in using social media to stay connected with supportive groups, friends, and loved ones.

### **2) Decide how and when you advocate**

For some people, making their voice heard through advocacy can feel empowering. There may be days that you feel you can advocate for a cause that is important to you, and there may be days you need to take a break. Think about whether and when you want to respond, and how to do so in a way that works for you.

### **3) Make space to engage in self-care**

It's normal to feel anxious, sad, angry, hopeless, and exhausted in times like these. Be sure to show yourself kindness. For example, try talking to yourself in the same way that you would talk to a close friend. Make time for activities that comfort you and keep you connected to the things in life that bring you joy.

### **4) Reach out to loved ones**

Social support is essential in stressful times. Reach out and share your experience with people you love and trust. Know that you are supported, and ask for help if you need it. If you feel that your friends or family won't listen without negatively judging you, try reaching out to a community center, therapist, or like-minded people on social media.

### **5) Take care of your physical health**

To maintain a healthy mindset, it's essential to prioritize proper sleep, exercise, and eating habits. It's easy to let these things go when you're stressed, but keeping yourself healthy will help you manage stress more effectively and be there for the people who are important to you.

Contact PPA: [ppa@papsy.org](mailto:ppa@papsy.org)

Mental Health FAQs: <https://www.papsy.org/page/Publicfaq>

PPA Psychologist Locator Service: <https://www.papsy.org/search/custom.asp?id=1939>