DIGITAL DETECTIVES

KNOW WHEN AND HOW TO PRESS

PAUSE

HEADLINES, PHOTO CAPTIONS, COMMENTS AND OTHER PARTS OF THE COMMUNITY READING EXPERIENCE CAN TRIGGER EXTREME EMOTIONS.

ANGER[2]

"THIS IS OUTRAGEOUS!"

FEAR

"___ WANTS TO HURT YOU.."

SHOCK

"YOU WON'T BELIEVE___.."

ANXIETY

"99% OF PEOPLE THINK ___"

SADNESS

"WE ARE DOOMED!"

GRIEF

"NOTHING WILL EVER BE THE SAME."

JUDGEMENT

"99% OF PEOPLE THINK ___"

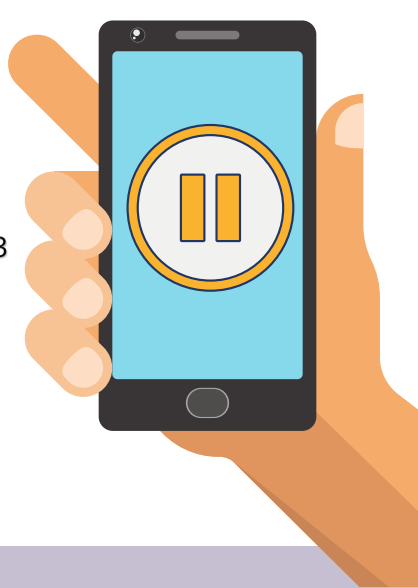
JUSTIFIED

"EVERYONE ELSE THINKS___ TOO!"

AS INFORMATION CONSUMERS, WE ARE OFTEN INVITED TO LIKE, SHARE AND COMMENT. EMOTIONAL TRIGGERS ARE A SIGNAL TO PRESS PAUSE INSTEAD.[1]

WAYS THAT DIGITAL DETECTIVES PRESS PAUSE

1. **TAKE A FEW DEEP BREATHS:** DEEP BREATHING HELPS REDUCE MARKERS OF STRESS SUCH AS HEART RATE AND BLOOD PRESSURE.[3]
2. **DO SOME STRETCHES:** EXERCISE RELEASES ENDORPHINS/PLEASURE HORMONES IN THE BRAIN.[3]
3. **SHARE YOUR FEELINGS:** TALKING TO SOMEONE ABOUT HOW YOU'RE FEELING CAN HELP YOU PROCESS EXTREME EMOTIONS.[3]



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2. (2020) Mood chart based on the work of the Yale Center for Emotional Intelligence bit.ly/33P9FQT
3. Yuen, Christal (2018). "17 Strategies for Coping with Stress in 30 Minutes or Less." bit.ly/35YdXbo

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