

Good deeds soothe stress

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(HealthDay)—If the constant stream of bad news from around the world gets to you, one psychiatrist suggests that helping others might make you feel better.

"The sheer volume of [stressful events](#) occurring on a near-daily basis can make people feel pessimistic or fearful," said researcher Emanuel Maidenberg, a clinical professor of psychiatry at the University of California, Los Angeles.

"As we continue adapting to the ever-increasing speed of the news cycle, it's important to take a moment to explore the impact it is having on how we feel, behave and think, to better take care of ourselves," he added in a university news release.

Maidenberg suggested a number of ways to cope with an uncertain world.

You can gain a sense of control by helping others. Making a donation or volunteering your time to help others can ease feelings of helplessness, he said.

If you feel overwhelmed, seek [social support](#). This could include something like joining a book club or other type of group, Maidenberg explained.

In addition, it's a good idea to do more leisure activities that you enjoy, get more exercise, and maintain a consistent sleep schedule.

Finally, Maidenberg advised, limit your exposure to news. Restrict it to certain times of the day or certain days of the week. It might also be a good idea to limit your sources of news. For example, read a newspaper but don't scroll through Twitter.

More information: The American Psychological Association has more on [stress](#).

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