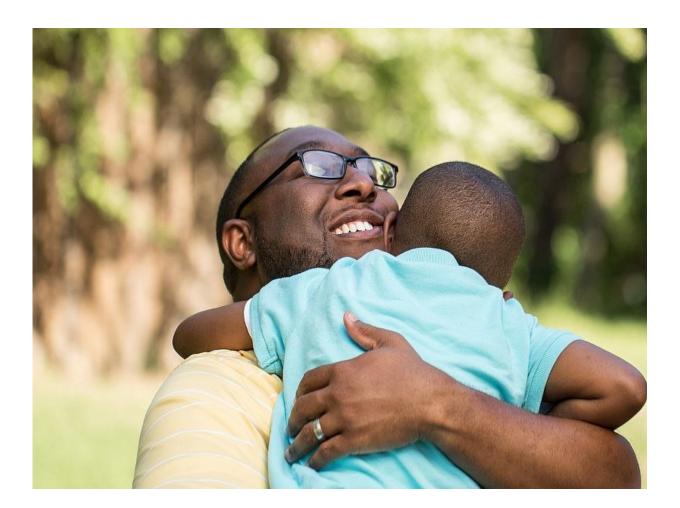


Good deeds soothe stress

February 4 2018



(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 <u>stressful events</u> 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 <u>social support</u>. 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 <u>stress</u>.



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Citation: Good deeds soothe stress (2018, February 4) retrieved 26 April 2024 from <u>https://medicalxpress.com/news/2018-02-good-deeds-stress.html</u>

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