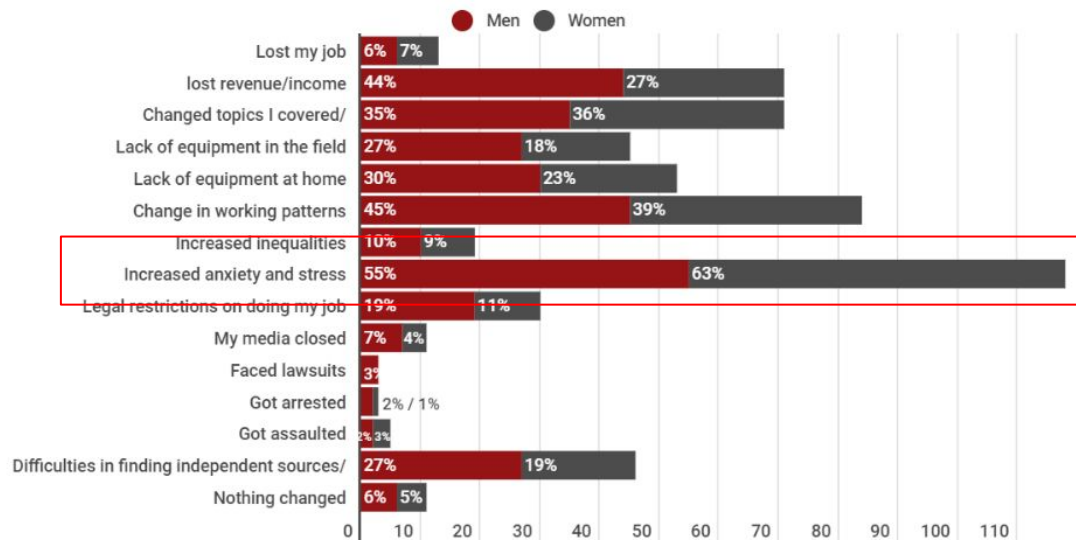


# Well-being for freelance journalists

*By Kim Brice and Mar Cabra (@cabralens)*

## How has your work been affected by the outbreak? Men and women responses comparison



Source: IFJ Global Survey

# 2020 *This Is What Happens In An* Internet Minute





# What is stress?

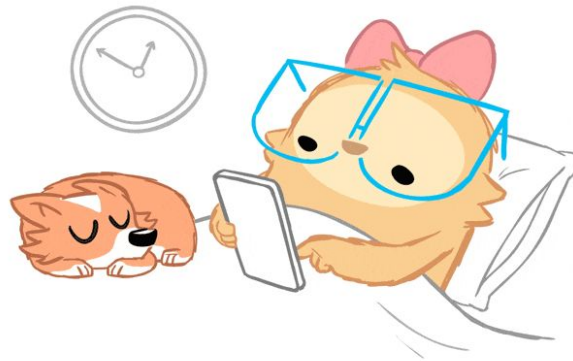
What our **body, mind and emotions** do **automatically,** when we perceive a situation as exceeding our abilities, threatening, or overwhelming.



# Healthy/unhealthy stress levels

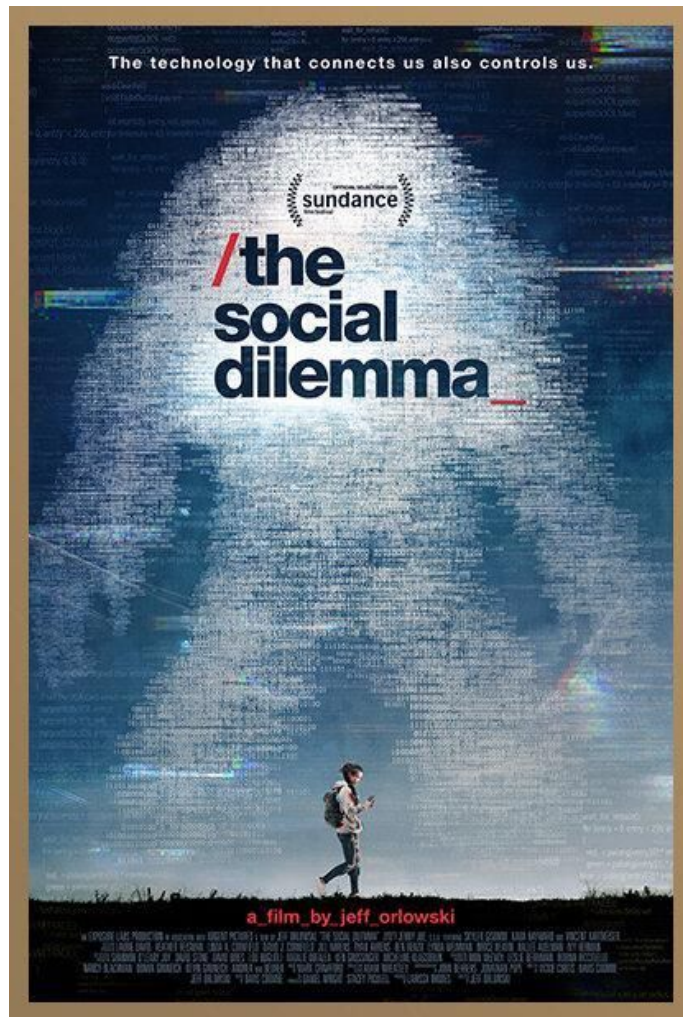


# You have less control than you think





The Self-  
Investigation



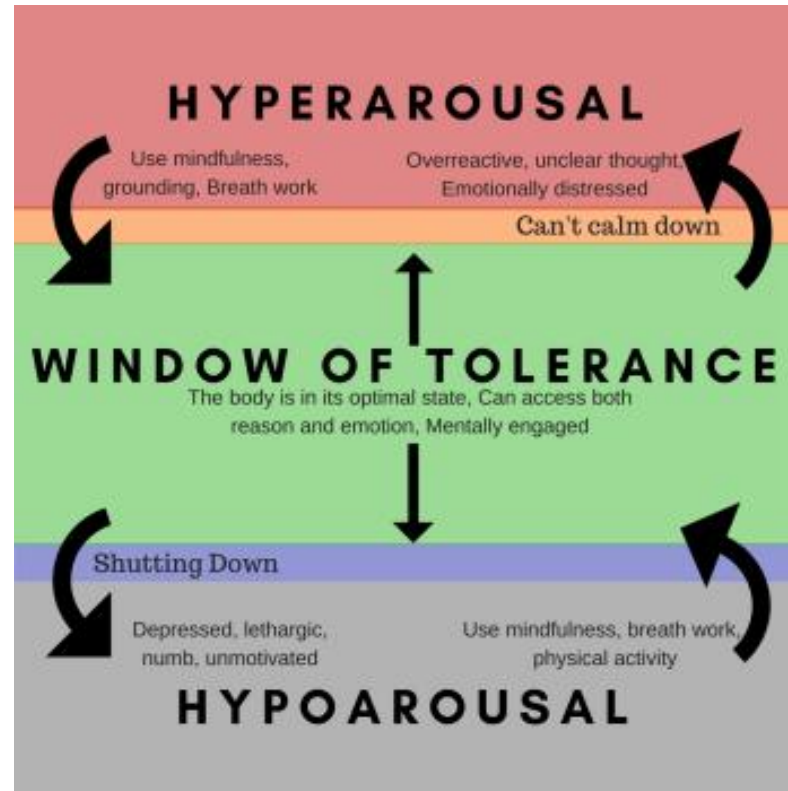


# Technology affects brain & body

1. **We stop breathing (literally!):** email apnea
2. **Intermittent reinforcement** and the love for dopamine
3. **Attention span decrease.** Guess the attention span of a millennial!



# The Window of Tolerance (WoT)

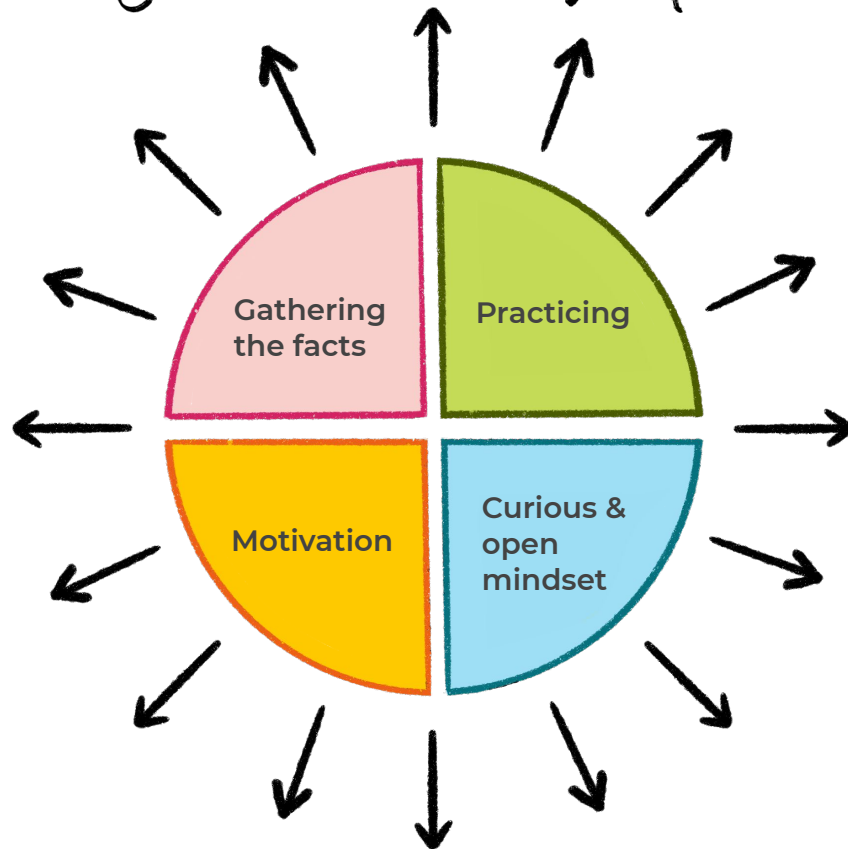


*Source:* Henk 50 Blog

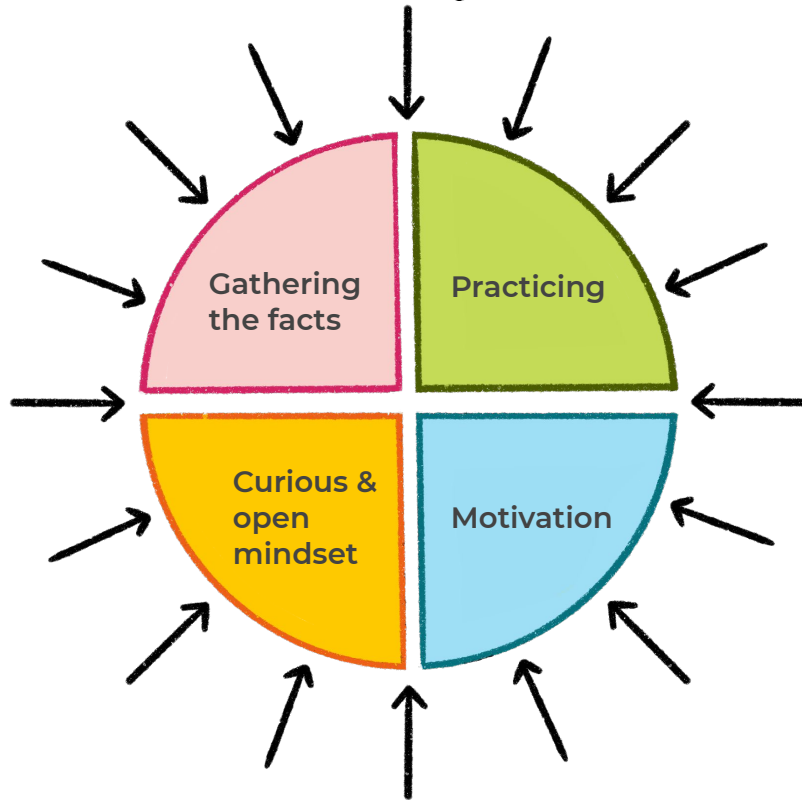
# The Self-Investigation:

A framework to learn how  
to relate to stress in a  
healthier way

# The Journalism Method



# The Self-Investigation Method



[www.theseinvestigation.com](http://www.theseinvestigation.com)

*Resources*

# Key tips (1)

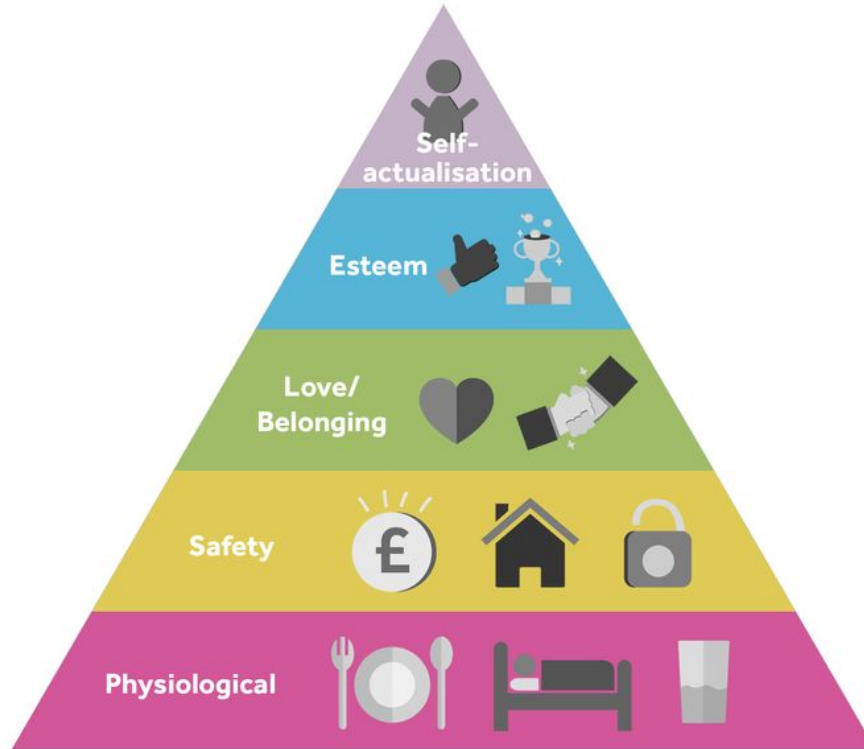
- **Self-awareness/inquiry** of body, mind and emotions and habits under stress
- **Practicing a new way of being and doing.** Replacing **one** unhelpful habit with a new helpful one and practicing it daily for **2 months.**



# Key tips (2)

- **Practices to access your WoT:**
  - Regular **check-ins** with curiosity & kindness
  - Micro **breaks** to regulate your energy
  - Turning on and tuning into your **senses** (music, nature, petting an animal)
  - **Relaxation** techniques (breathing, meditation, movement)

# Maslow's hierarchy of needs



*Source: University of Reading*

# Maslow 2.0



*Source: Digital Wellness Institute*

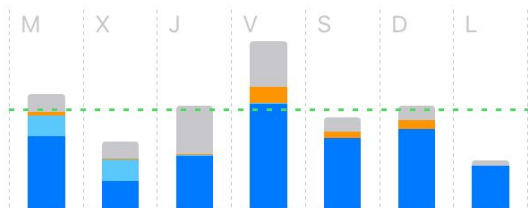
[← Atrás](#) **Los últimos 7 días**

TIEMPO DE USO

hoy 18:15

**3h 27min** al día

↑ **39 %** desde la última semana



Redes sociales

15h 53min

Entretenimiento

1h 29min

Otros

1h 12min

Total semanal

24h 13min

MÁS USADAS

[MOSTRAR CATEGORÍAS](#)



WhatsApp

15h 44min



Safari

2h 13min

