

Microdosing Your Mental Health

Starting the Conversation

FOR JOURNALISTS

Approaching an Editor or Manager

WHEN WORKLOAD FEELS UNSUSTAINABLE

- ☐ "I'd like to talk about my current workload and whether there are ways to adjust priorities."
- ☐ "I'm noticing that I'm having difficulty recovering between assignments. Can we discuss what's on my plate?"
- ☐ "I want to be proactive before burnout becomes an issue. Can we talk through my upcoming assignments?"

AFTER A DIFFICULT ASSIGNMENT

- ☐ "That story affected me more than I anticipated. I'd appreciate an opportunity to debrief."
- ☐ "I'm finding myself thinking about this assignment long after work hours. I'd like to discuss strategies for managing that."
- ☐ "I'd like to check in about how I'm processing some of the material from this reporting."

REQUESTING SUPPORT

- ☐ "What support resources are available for staff who have covered difficult stories?"
- ☐ "I'd benefit from some time to reset after this assignment. Can we discuss options?"
- ☐ "I'd like to explore ways to maintain my effectiveness while also protecting my wellbeing."

FOR EDITORS AND MANAGERS

Opening the Door

ROUTINE CHECK-INS

- ☐ "How are you doing—not just with the story, but with the work overall?"
- ☐ "Is there anything about this assignment that's weighing on you?"
- ☐ "What support would help you do this work sustainably?"

BEFORE A DIFFICULT ASSIGNMENT

- ☐ "What concerns do you have going into this assignment?"
- ☐ "Let's talk through both the reporting challenges and any personal challenges you anticipate."
- ☐ "What would make you feel best prepared for this coverage?"

AFTER A DIFFICULT ASSIGNMENT

- ☐ "Which part of this assignment was most challenging for you?"
- ☐ "How are you feeling after completing this story?"
- ☐ "Is there anything we should think about differently before your next assignment?"

FOR COLLEAGUES

Peer-to-Peer Conversations

CHECKING IN WITH A COLLEAGUE

- ☐ "You've been handling a lot lately. How are you doing?"
- ☐ "How are you feeling after that assignment?"
- ☐ "Is there anything you'd like to talk through?"
- ☐ "What's helping you manage right now?"

OFFERING SUPPORT

- ☐ "I'm here if you'd like to debrief."
- ☐ "Would it help to talk through what you're experiencing?"
- ☐ "How can I support you this week?"