

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."
