

# DIGITAL, PHYSICAL, AND PSYCHOSOCIAL SELF-DEFENSE 101



Asking for help is already a significant action in self-defense. These additional actions are suggestions, not requirements, of what you can do while you wait for help.

*This resource is not a substitute for advanced planning or professional support. These are basic emergency response tips. If you do not feel safe taking these steps, please remember they are not required, and help is on the way.*

*If you are experiencing something beyond these threats, please see the [Additional Resources](#) page*

# Click on a threat for immediate self-defense steps.

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You can also access [additional references and resources](#).

# Arrest or Arbitrary Detention

## Immediate actions:

- ❖ Remain calm, comply with officers' instructions, and do not resist. Prioritize remaining physically safe.
- ❖ Observe details (location, uniforms, badge numbers, names) without escalating the situation. If possible, ask about the reason for your detention.
- ❖ Request access to emergency communication and legal representation as soon as possible.
- ❖ Avoid offering unsolicited details and do not provide voluntary access to your devices.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel ("scared," "numb," "focused") to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Checkpoint and/or Hostile Vehicle Encounter

## Immediate actions:

- ❖ Alert your team to your location and expected check-in time before your travel.
- ❖ Memorize a brief, clear explanation of who you are and why you are there. A confident and consistent story reduces suspicion.
- ❖ Know what documents to present (ex. press credential) and what sensitive materials not to carry. Avoid having source contact lists, unpublished footage, or encrypted files easily visible.
- ❖ If you are stopped: remain calm, comply with basic instructions, and do not resist. Keep hands visible, move slowly, do not reach for anything without clearly stating what you are doing.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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# Death Threats

## Immediate actions:

- ❖ Write down and record the threat exactly as it was communicated. Record the date, time, source, and any other details. If communicated online, print/photograph/copy the message so that it cannot be deleted.
- ❖ If you feel in physical danger, temporarily change routines and identify safe places to stay. Avoid confronting the perpetrator directly.
- ❖ Inform your trusted networks and colleagues that you experienced a threat. If safe, report the threat to law enforcement.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
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# Extortion/Blackmail

## Immediate actions:

- ❖ Do not comply with demands and do not engage further. Compliance rarely ends the pressure and often escalates it. Silence is safer than negotiation.
- ❖ Document everything without deleting anything. Save all messages, accounts, dates, and the exact content of demands. This is your evidence.
- ❖ Tell a trusted colleague, legal contact, or journalist safety organization immediately. Do not handle this alone. A coordinated response is safer and more effective than an individual one.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# False Police Deployment/Swatting

## Immediate actions:

- ❖ Maintain composure and avoid actions perceivable as threats. Ensure that household members know how to respond calmly to unexpected law-enforcement presence.
- ❖ Identify yourself clearly and concisely, without offering unsolicited information or lengthy explanations.
- ❖ Inform a trusted organization, employer, or legal support contact that swatting is a risk or that swatting has occurred.
- ❖ Preserve any messages or posts that indicate intent to SWAT. Document the incident comprehensively (date, time, and any other details).

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Gendered or Sexualized Harassment/Attack

## Immediate actions:

- ❖ If an attack has occurred and is severe, seek medical help immediately. Gender-based violence and domestic abuse helplines can provide immediate help and survivor-centered referrals.
- ❖ Do not engage with the perpetrator of harassment. If harassment is happening in public, appeal to bystanders for help. Yelling “fire” or “danger” has been shown to attract more immediate attention than “help”.
- ❖ Document the incident in detail, including date, location, individuals involved, and the form of aggression.
- ❖ If safe, report severe forms of abuse to law enforcement.

## Grounding Reminders:

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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Need to Evacuate/Exile

## Immediate actions:

- ❖ Gather essential items (passport, digital devices, emergency contacts, medications, legal and work documents). If you live in a context where evacuation is likely, prepare a 'go-bag' with these items ready to go.
- ❖ If available, consult trusted contacts or local partners who can guide you toward safer transitional spaces such as safehouses, consulates, NGOs.
- ❖ Inform a trusted colleague of your plans but avoid posting travel plans or location details, and reduce digital footprints as you move.
- ❖ Prioritize a safe exit without making unnecessary delays.

## Grounding Reminders:

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# Physical Surveillance

## Immediate actions:

- ❖ Change routines and movement patterns temporarily (modify your route, speed, or direction to disrupt surveillance) and do not go to your residence or other sensitive locations. Move to a safe, public place.
- ❖ Inform a trusted person or organization that physical surveillance may be occurring in real time. Briefly share your situation and location.
- ❖ Do not confront or interact with aggressors. Afterwards, document the incident (date, duration, vehicle, individuals present, location) and share with your trusted networks.

## Grounding Reminders:

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# Protest Coverage

## Immediate actions:

- ❖ Keep an exit route in sight at all times and identify a safe meeting point with your team before the assignment begins.
- ❖ Stand at the edge of a crowd instead of the center. If multiple protests are occurring, do not stand in between them.
- ❖ Make your press status clearly visible (press vest, credential) but be aware this can also make you a target in certain contexts. Assess the specific environments and adjust accordingly. Dress comfortably in non-military colors.
- ❖ If the situation escalates rapidly, do not continue filming or reporting. Prioritize your physical safety. Move to your pre-identified exit route immediately and check in with your team.

## Grounding Reminders:

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# Reporting in Active Conflict Zone

## Immediate actions:

- ❖ Carry appropriate protective equipment when possible (ex. ballistic vest, helmet, first aid kit, flashlight, and power bank). But, avoid displaying high-end equipment and maintain a low public profile.
- ❖ Conduct a quick field risk assessment before assignments: identify actors, recent strikes, potential military targets, solid shelter locations (basements, reinforced buildings, underground parking) and safe exit routes.
- ❖ Share your reporting plan and risk assessment with colleagues and maintain regular check-ins.
- ❖ Maintain continuous situational awareness and prioritize safety over the story.

## Grounding Reminders:

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# Suspected Bluetooth Trackers

## Immediate actions:

- ❖ Enable and check 'unknown tracking feature' on your phone to help locate any devices that are following you. In Apple, this is under Find My. In Android, this is under Safety and Emergency.
- ❖ If you found a tracker, take photos from every angle to document evidence. Leave the tracker in place if it is safe to do so.
- ❖ If safe, contact law enforcement and alert them to the presence of the tracker. Alternatively, inform a trusted person or organization that technology-enabled physical surveillance is occurring.

## Grounding Reminders:

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# Suspected Wiretapping/Bugging

## Immediate actions:

- ❖ If you suspect the space is compromised, stop sensitive conversations in that space immediately. Write things down or type/message instead of talking.
- ❖ Power down devices such as phones, laptops, smart watches, tablets.
- ❖ Do not confront, remove, or announce suspicion.
- ❖ If safe, report suspected wiretapping to law enforcement. Alternatively, inform a trusted organization and any colleagues that may be affected. Do this outside of the compromised space.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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# Threat of Break-in or Vandalism

## Immediate actions:

- ❖ Ensure that doors, locks, and windows to office or home entry points are secure. Store devices out of sight or in secure internal locations.
- ❖ Document what you observe (sounds, suspicious individuals, attempts at entry) without putting yourself at risk. If you are present while a break-in is occurring, do not intervene and immediately relocate to a safe space.
- ❖ Alert a trusted colleague, your organization, or a security contact that a break in is threatened or has occurred, so that someone knows about your situation and can escalate it if you lose contact.

## Grounding Reminders:

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# Threats to Family Members and Friends

## Immediate actions:

- ❖ Maintain composure and avoid impulsive decisions that could increase risk.
- ❖ Share threat information with affected adult family members in a calm, factual manner focused on safety, not fear.
- ❖ Reduce your family's digital exposure (increase privacy settings, limit location sharing and public posts).
- ❖ Identify trusted contacts and safe spaces that family members can use if needed. Activate your support networks to monitor the situation.

## Grounding Reminders:

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# Violence from Security Forces

## Immediate actions:

- ❖ When experiencing a physical attack, protect your head and vital organs but do not argue or physically escalate. If safe, use your arms or available objects as shields. Prioritize your physical safety above everything, including gear.
- ❖ Notice details (location, uniforms, badge numbers, names) without escalating the situation.
- ❖ Alert colleagues and request access to medical help and legal representation as soon as possible. Use alert tools or panic buttons to share your location with emergency contacts.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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# AI Deepfakes and Synthetic Media Attacks

## Immediate actions:

- ❖ Do not panic and avoid engaging with the content and perpetrators.
- ❖ Save proof. Screenshot, download, and copy links before anything disappears. Document any details such as account names or dates.
- ❖ Immediately report the post to request removal. If safe, post a brief "this is fake" notice. See platform reporting steps [here](#).
- ❖ Notify a trusted contact or team. Share the details with someone you trust so they can support you and help monitor, report, and respond.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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# Cloud Data Compromise

## Immediate actions:

- ❖ Back up important data on a trusted, encrypted hard drive (SSD or HDD).
- ❖ Change passwords for all cloud-connected accounts starting with email, collaboration tools, and admin accounts.
- ❖ Revoke unauthorized access tokens, API keys, and active device sessions. If applicable, rotate encryption keys and reset multi-factor authentic action methods.
- ❖ Report the suspected compromise to your IT team (if you have one) so they can begin containment, then continue to monitor cloud-connected devices for unusual behavior.

## Grounding Reminders:

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# Coordinated Online Trolling

## Immediate actions:

- ❖ Save proof. Screenshot posts, usernames, links, and timestamps.
- ❖ Do not engage. Alert trusted contacts and your organization, then report coordinated abuse to the platform(s). See platform reporting steps [here](#).
- ❖ Turn on filters and change settings to limit comments or messages. Block accounts.
- ❖ Hide personal information and location data to prevent escalation of threats.
- ❖ Consider having a trusted colleague screen your account instead of you, and alert you only if threats escalate.

## Grounding Reminders:

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# Digital Surveillance Through Advanced Spyware

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## Immediate actions:

- ❖ Stop using, disconnect from WiFi, and turn off any device you suspect is compromised until it is checked or replaced by a professional.
- ❖ Shift urgent communication to a separate, confirmed safe device and secure channel (such as Signal).
- ❖ Use a safe device to secure priority accounts (email, messaging, social media, banking) by changing passwords, enabling multi-factor authentication, then logging out of all devices.

## Grounding Reminders:

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# Disinformation/Defamation

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## Immediate actions:

- ❖ Save proof. Screenshot, download, and copy links before anything disappears. Document any details such as account names or dates.
- ❖ Do not panic and avoid engaging with the content and perpetrators. Even if you attempt to share the truth, engaging is more likely to amplify the content.
- ❖ Inform trusted networks and key organization contacts like HR or your immediate supervisor. Use statements like "False information is circulating about me. Please assist me with sharing factual updates."

## Grounding Reminders:

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# Exposure of Digital Data due to Equipment Theft/Confiscation

## Immediate actions:

- ❖ Change passwords for all accounts accessible from the stolen device (email, social media, banking, messaging apps, cloud storage) and revoke all active sessions.
- ❖ Mark the device as 'lost' through systems such as Google's Find Hub or Apple's Find My iPhone. If possible, complete a 'remote wipe/erase'.
- ❖ Notify supervisors or organizational security if the device included sensitive work-related information.

## Grounding Reminders:

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# Exposure of Sensitive Data (Doxxing)

## Immediate actions:

- ❖ If possible, vary your routine: temporarily move to a safer location, take alternative routes to, and pack a 'go-bag' of essentials.
- ❖ Lock down exposure: make social media accounts private, remove location data, and delete or hide posts that reveal home, family, or daily routines.
- ❖ Alert a trusted contact or organization that doxxing has occurred so that monitoring and support can begin.
- ❖ Preserve evidence safely (screenshots, URLs, dates) without amplifying the content.

## Grounding Reminders:

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# Hacking and Cyberattacks

## Immediate actions:

- ❖ Log out of any active sessions or connected devices.
- ❖ Change passwords for the hacked account and any connected accounts, and enable multi-factor authentication.
- ❖ Consider what data might have been compromised and avoid making rushed decisions, such as deleting the account.
- ❖ Notify supervisors or organizational security if the accounts included sensitive work-related information.

## Grounding Reminders:

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# Impersonation (Fake Accounts or Identity Misuse)

## Immediate actions:

- ❖ Secure real accounts immediately (change passwords and enable multi-factor authentication) to prevent further misuse.
- ❖ Save proof. Clearly document fake accounts or content (usernames, URLs, screenshots).
- ❖ Notify the platform and services such as banking to support reporting and containment. See platform reporting steps [here](#).
- ❖ Flag the issue to trusted contacts and your organization. If it is safe, post a brief "this is fake" notice.

## Grounding Reminders:

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# Online Harassment and Intimidation Campaigns

## Immediate actions:

- ❖ Do not engage with harassers because they could be trolls/bots. Public escalation can increase harm.
- ❖ Save proof. Preserve and document evidence of attacks, false or manipulated digital content and where it appears (screenshots, URL's, dates).
- ❖ Inform a trusted organization or colleague and safely assess response options (platform reporting, documentation, legal referral). See platform reporting steps [here](#).

## Grounding Reminders:

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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Sharing of Non-Consensual Intimate Images

## Immediate actions:

- ❖ Do not panic and avoid engaging with the content and perpetrators.
- ❖ Save proof. Screenshot posts, URLs, usernames, and timestamps.
- ❖ Report and request removal from the platform. Use platform reporting tools and submit takedown requests for the content. See platform reporting steps [here](#). Submit a request to remove NCII [here](#).
- ❖ Notify a trusted contact or team. Share the details with someone you trust so they can support you, and help monitor, report, and respond.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
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# Social Engineering/Phishing

## Immediate actions:

- ❖ Do not click on suspicious links, download attachments, or reply to the message. Alert your organization.
- ❖ If appearing to come from someone that you know, verify identity using a known, official channel and alert them that there might be phishing coming from their accounts.
- ❖ If already exposed: Immediately disconnect from the internet (turn on airplane mode, turn off WiFi, or turn off device), alert your organization, and (if possible) change passwords from a clean, uninfected device.

## Grounding Reminders:

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# Suspected Data Security Breach

## Immediate actions:

- ❖ Update passwords on any accounts tied to personal data, enable multi-factor authentication, and log out of all devices.
- ❖ Identify privacy settings and where your data is stored, then remove any unnecessary sensitive information or permissions (ex. location tracking).
- ❖ Begin using secure communications channels (ex. Signal) and ensure that personal and professional communications are separate.
- ❖ Ensure that device software is fully updated and, if applicable, consider a trusted antivirus (remember that an antivirus is not a single solution and should be combined with other actions).

## Grounding Reminders:

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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Burnout

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## Immediate actions:

- ❖ Acknowledge that you are experiencing a real condition and that the next steps are professional safety decisions to prevent severe consequences.
- ❖ Avoid self-isolation or coping behaviors like heavy substance-use. Seek time with and support from peers or trusted contacts who understand the context.
- ❖ Take regular breaks during working hours to get up, stretch, or go outside. Take adequate time to eat meals and maintain basic routines.
- ❖ Set limits for how long you work each day. If possible, adjust boundaries with manager or team around workload and exposure to extreme content.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Depression

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## Immediate actions:

- ❖ Avoid pushing through exhaustion, as fatigue intensifies depressive symptoms.
- ❖ Reduce exposure to crisis news and graphic imagery, and avoid triggering environments or tasks when possible.
- ❖ Avoid self-isolation and seek support from peers and trusted networks who understand the context.
- ❖ Consider visiting a family doctor to figure out the best support strategy.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Emotional Numbing, Detachment, Disassociation

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## Immediate actions:

- ❖ Emotional numbness is often your body protecting itself. Do not attempt to force 'feeling' through overstimulating or harmful behavior such as heavy substance-use or adrenaline-seeking. Instead, try gentle physical movement to increase sensory input to the brain.
- ❖ Reduce exposure to crisis news and graphic imagery, and avoid intense environments or tasks when possible.
- ❖ Avoid social withdrawal and seek support from trusted networks or peers who understand the context.
- ❖ Take steps to update regular basic routine: sleep, eat, and exercise.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel ("scared," "numb," "focused") to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Guilt/Self-Blame/Shame

## Immediate actions:

- ❖ Remind yourself that emotional reactions are normal and not a personal or moral failure.
- ❖ Separate responsibility from self-blame: identify what was within your control and what was not.
- ❖ Share the experience with a trusted colleague or peer to reality-check self-critical thoughts.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel ("scared," "numb," "focused") to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Increased Substance Use

## Immediate actions:

- ❖ Acknowledge the pattern without judgment: increased substance use underreporting stress is a recognized risk, not a personal or moral failure.
- ❖ Reduce pressure where possible. Temporarily step back from the most intense assignments and increase rest, routine, and peer contact to address the underlying stress.
- ❖ Reach out to a trusted colleague, mental health professional, or journalist support organization. Many offer confidential peer support specifically for newsroom contexts. You do not have to address this alone.

## Grounding Reminders:

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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Isolation/Loneliness

## Immediate actions:

- ❖ Understand that isolation could be a normal response to a threatening work environment.
- ❖ Try to break the isolation by connecting with a trusted colleague or friend.
- ❖ If it is safe to do so, schedule in-person meet-ups with people in your network who live nearby, to avoid constant physical isolation inside of your home. If this is not possible, schedule regular calls with friends or family members.

## Grounding Reminders:

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3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Overwork

## Immediate actions:

- ❖ Identify which tasks are urgent and which can wait.
- ❖ Set or adjust boundaries with manager or team around workload, exposure, or deadlines.
- ❖ Avoid self-isolation and seek support from peers and trusted networks who understand the context.
- ❖ Take steps to update regular basic routine: sleep, eat, and exercise to help your body process and rest.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Panic Attacks

## Immediate actions:

- ❖ Breathe. Try to make exhales longer than inhales to slow your breathing.
- ❖ Take physical action: splash cold water or press an ice cube onto your face, shake your body, or jump. Cold water can slow the heart, while physical activity such as shaking expends excess energy and stress.
- ❖ If possible, move to a quiet, safe space. Reduce your exposure to loud noise, graphic imagery and text, or specific triggers.
- ❖ Contact someone you trust and let them know you are experiencing a panic attack.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel ("scared," "numb," "focused") to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Post-Traumatic Stress Disorder (PTSD)

## Immediate actions:

- ❖ If possible, move to a quiet, safe space. Reduce your exposure to loud noise, graphic imagery and text, or specific triggers.
- ❖ Find an object or texture near you or keep one with you to touch during episodes. Sensory inputs from the present prevent the brain from relying on false signals that the trauma is re-occurring.
- ❖ Recognize common coping behaviors such as social withdrawal, heavy substance-use, or adrenaline-seeking. Try alternatives like applying cold water to the face and body, or having a trusted peer nearby to provide care if needed.
- ❖ Consider visiting a family doctor to help understand symptoms.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Secondary Trauma

## Immediate actions:

- ❖ Recognize that secondary trauma can have the same impact as first-hand trauma. Be kind to yourself.
- ❖ Reduce exposure to crisis news and graphic imagery, and avoid triggering environments or tasks when you can.
- ❖ If possible, adjust boundaries with manager or team around workload and exposure to extreme content.
- ❖ Avoid self-isolation and seek support from peers and trusted networks who understand the context.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Self-Censorship due to Pressure/Fear

## Immediate actions:

- ❖ Share your concerns with a colleague, editor, or mentor who understands the context. Regularly engage in peer-to-peer reflection with them.
- ❖ Set or adjust boundaries around workload, exposure, or deadlines to regain a sense of safety and autonomy.
- ❖ Write down what feels risky right now (for example: sources, location, digital exposure, legal pressure). This can help clarify what support you may need later.
- ❖ Take care of your body and mind by prioritizing sleep, hydration, food, and moments of rest.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Severe Anxiety and Stress

## Immediate actions:

- ❖ Acknowledge that you are experiencing a real condition and that the next steps are professional safety decisions to prevent severe consequences.
- ❖ Take physical action: splash cold water or press an ice cube onto your face, shake your body, or jump. Use brief regulation techniques such as box breathing, progressive muscle relaxation, or a short walk without devices.
- ❖ Create a 'decompression buffer' after intense coverage: avoid moving directly from traumatic material to personal life without a transition (ex. a short walk, music, or a call with a trusted colleague).
- ❖ Protect basic physical routines: consistent sleep, meals, and movement.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel ("scared," "numb," "focused") to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Sleep Disruption, Headaches, Digestive Problems due to Stress

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## Immediate actions:

- ❖ Avoid intense exercise or situations. Choose low-effort activities like going for a walk or progressive muscle relaxation.
- ❖ Sit with a hot or cold cloth over your eyes or on the back of your neck. Keep light low or off and limit screen time when possible.
- ❖ Inform trusted peers that you are experiencing these conditions and take note of frequent symptoms to aid your treatment.
- ❖ Consider visiting a family doctor to receive help with understanding physical symptoms.

## Grounding Reminders:

1. *Slow decisions*: take three slow breaths before moving
2. *Name one thing*: silently name one word for how you feel (“scared,” “numb,” “focused”) to reduce overload
3. *Micro-rest*: stop for 90 seconds, put both feet on the ground, drink water if available

# Additional Resources and References

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Click on these links to access additional safety resources:

## General Risk Mitigation Guide

- ❖ Basic guidelines for understanding Risk Assessment, Risk Mitigation, and Risk Mapping

## Network References and Referrals

- ❖ References to additional networks and organizations that provide safety support, including legal and financial

## Guidelines for How to Report on Major Platforms

- ❖ Guidelines for how to report harmful content or accounts on all major platforms

## Removing Non-Consensual Intimate Imagery

- ❖ Submit a case to remove intimate images/videos from all major platforms