

How To Manage The Stresses Of Working In The News Media Industry

Do you find it stressful in managing tight deadlines, and dealing with endless amount of emails at your news media related job? Do you find yourself exhausted by working long hours and dealing with the constant demands of your media career?



Pittsburgh, Mar 10, 2019 (Issuewire.com) - Stan Popovich is a Penn State graduate and the nationally known anxiety author of “A Layman’s Guide to Managing Fear”— an easy-to-read overcoming anxiety book that’s helped thousands of people to confidently manage their persistent fears and anxieties.

Stan is an award-winning and respected contributor on the topics of managing fear and the consequences. He holds expertise in Mental Health, Reporters, Stress, and Anxiety issues.

Stan is very knowledgeable of today’s mental health issues. He has over twenty years of personal experience in dealing with fear and anxiety. Mr Stan Popovich can personally relate to others who struggle with fear and anxiety. He has been featured on TV, Radio, and many national publications. Mr Stan Popovich has a large fan base on the internet and social media. Stanley’s advice has helped

1000's of people manage their fear and anxiety. Stan has over 400 book reviews on Amazon. Many counsellors use Stan's book to help their clients. Stanley is very approachable, easy to work with, and meets all deadlines when working with the media.

Are you working in the News Media Industry? Do you find it stressful in managing tight deadlines, going to many meetings, and dealing with an endless amount of emails at your news media related job?

Stanley Popovich offers eight suggestions on how to overcome the stress and anxieties of working in the news media industry.

- 1. Take a small break.** A person can only do so much in a given day. If you feel like you are doing too much, take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music or do an activity that will give them a fresh perspective on things.
- 2. Delegate part of your responsibilities.** Don't try to do everything all by yourself. Learn to delegate your work with other members of your staff instead of doing everything all by yourself. Make sure you reward your staff and team members who helped you out.
- 3. Learn to prioritize.** Make a list of what you need to do and then prioritize each task in order of importance. Once you do that, then do each task in order of its importance. This will help reduce the pressure of trying to do everything all at once.
- 4. Work in an environment that works for you.** Some news media jobs are more stressful than others due to their work environment. Try to find a job that is not as stressful and also matches your interests. You have the choice of determining the type of environment you want to work in.
- 5. Learn to organize your work.** You can get a lot done in a small amount of time if you learn to organize your job responsibilities. This will cut down on how many hours you will have to work in a given week.
- 6. Get advice from others on how to become computer savvy.** Many people in the news media have to deal with lots of emails, using social media, and doing a lot of internet searches. Knowing your way around the computer can help save you a lot of time in getting what you need.
- 7. Be proactive in your career.** Focus on doing the best job that you can and don't worry about losing your job. Always keep your resume current and develop a network of friends in the media industry. Being proactive in your career will increase your chances of finding a better job if it comes down to it.
- 8. Take advantage of the help that is available around you.** If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

About Stan Popovich:

Stan Popovich is the author of "A Layman's Guide to Managing Fear". For more information about Stan and to get some more free mental health advice, visit Stan's website at <http://www.managingfear.com/>

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