



The Self-
Investigation

www.theselfinvestigation.com

Optional Resources

These are some of the resources mentioned in the module 3 videos, so you can dig deeper into the topics, if interested.

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| Resources from “Towards a more sustainable culture of care in the media” | 1 |
| Resources from “How diversity, equity and inclusion relate to mental health, with Sisi Wei” | 2 |
| Resources from “Panel: Introducing the conversation in the newsroom and in the industry” | 3 |

Resources from “Towards a more sustainable culture of care in the media”

“How to be a healthy journalist in an always-on culture”, a course by The Self-Investigation
<https://academy.theselfinvestigation.com/courses/how-to-be-a-healthy-journalist-in-an-always-on-culture> Get 30% discount until the MOOC ends using the code: **healthyjournalist**

Monthly Live Sessions by The Self-Investigation

<https://theselfinvestigationacademy.thinkific.com/courses/monthly-live-sessions>

“Taking Care: A report on mental health, well-being and trauma among Canadian media workers”, *Canadian Journalism Forum on Violence and Trauma*

https://static1.squarespace.com/static/60a28b563f87204622eb0cd6/t/6285561b128d0447d7c373b2/1652905501967/TakingCare_EN.pdf

AXA Study of Mind Health and Wellbeing in 2022

https://www-axa-com.cdn.axa-contento-118412.eu/www-axa-com/c8d15a4d-ee4a-49cf-af24-1ab4b7025d37_axa_mindhealthstudy2022_c.pdf

Axa workplace wellbeing survey (note: register for the toolkit and you'll get a copy)

<https://www.axahealth.co.uk/feelgoodbusiness/>



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“Perspectives From Neuroscience: Visualizing the Wonders of the Brain”, by *Dr. Richard J. Davidson*, *Wellbeing Summit for Social Change*

<https://wellbeing-project.org/perspectives-from-neuroscience-visualising-the-wonders-of-the-brain-dr-richard-j-davidson/>

“The priority for workplaces in the new normal? Wellbeing”, by *Liz Hilton Segel*, *McKenze*

<https://www.mckinsey.com/featured-insights/world-economic-forum/davos-agenda/perspectives/the-priority-for-workplaces-in-the-new-normal>

“Data Reveals Uptick in Jobs Focused on Culture, Well-Being, and Flex Work”, by *Susanna Kim*, *LinkedIn*

<https://www.linkedin.com/business/talent/blog/talent-strategy/more-roles-focused-on-culture-well-being-flex-work>

“Improve Employee Well-being with Mental Health Literacy”, by *Calm Business*

<https://business.calm.com/hubfs/Calm-Mental-Health-Literacy-Guide.pdf>

“Mental health tips and resources for journalists”, by *Katya Podkovyrov* *Lewis*, *IJNet*

<https://ijn.net.org/en/resource/mental-health-tips-and-resources-journalists>

IRE22: Tip sheet from coping with trauma as a journalist

<https://docs.google.com/document/d/1gRYmefKHmnp3uYx15xKPlz3zb42mjiExR7XIVjR-73c/edit>

Coping with Trauma Tip sheet

<https://docs.google.com/document/d/1kC1JYEyXXd3P1TWdeBiGKN0AS43HaNBuFJoazOSZ0n4/edit>

Resources from “How diversity, equity and inclusion relate to mental health, with Sisi Wei”

The DEI Coalition for Anti Racist, Equitable and Just Newsrooms

<https://opennews.org/what/community/dei-coalition/>

All public resources from the DEI Coalition

<https://source.opennews.org/guides/dei-coalition/>



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“As a white manager, how do I build trust and be a good ally to my colleagues of color?”,
by Source OpenNews

<https://source.opennews.org/articles/community-q-white-manager-building-trust-allyship/>

“Setting boundaries so working on DEI doesn’t overwhelm my life”, by Source OpenNews

<https://source.opennews.org/articles/setting-boundaries-so-working-dei-doesnt-overwhelm/>

Alicia Bell is a role model Sisi recommends to follow

<https://twitter.com/aliciacbell>

Resources from “Panel: Introducing the conversation in the newsroom and in the industry”

“Sanity: independent mental health journalism for open minds”, by Tanmoy Goswamy

<https://www.sanitybytanmoy.com/>

Headlines Network’s website

<https://headlines-network.com/>

“Managing our mental health”, by Headlines Network

https://img1.wsimg.com/blobby/go/6ca5410e-ac1d-4642-b85f-b717e6a71453/downloads/Managing%20Mental%20Health_April%202022.pdf?ver=1649153848550

Video: <https://www.youtube.com/watch?v=WmjWdBWDHJI>

“Supporting our colleagues”, by Headlines Network

https://img1.wsimg.com/blobby/go/6ca5410e-ac1d-4642-b85f-b717e6a71453/downloads/Supporting%20colleagues_April%202022.pdf?ver=1649240715121

Video: <https://www.youtube.com/watch?v=QtchmoMqP80>

“Behind the headlines” podcast, by Headlines Network

<https://audioboom.com/channels/5071985>