

DART CENTRE
EUROPE

How to be resilient while reporting on the climate

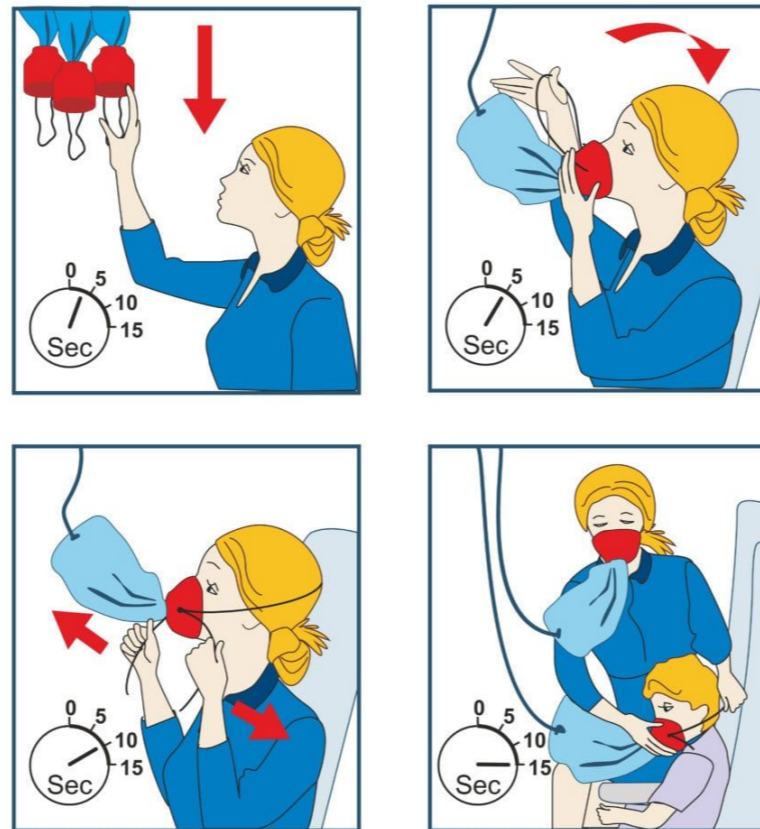
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Why should (climate) journalists learn about trauma?

- Traumatic events are often the essence of our stories. We choose them because they disrupt lives and societies
- Having a better understanding of the impact of trauma makes our stories richer, more nuanced and more accurate
- What happens in the aftermath can make things worse - including bad journalism and its spread on social media
- Working in a trauma-informed way is protective to us as professionals

What this sessions is about ...



What we mean by trauma:

1. Exposure to injury, violence or death or *the threat of (future) exposure*
2. The exposure can be physical or *emotional*
3. Emotional engagement runs deeper than with stress
4. It's *existential*. Those experiences challenge our memory and meaning making
5. You don't have to be a *direct witness*
6. Aftermath: Trauma can live on, it can be encoded in bodies and cultures
7. It's a scale – think of Post Traumatic Stress Injury

The aftermath of trauma is biopsychosocial

BIO



PSYCHO



SOCIAL



Media workers do trauma-facing work

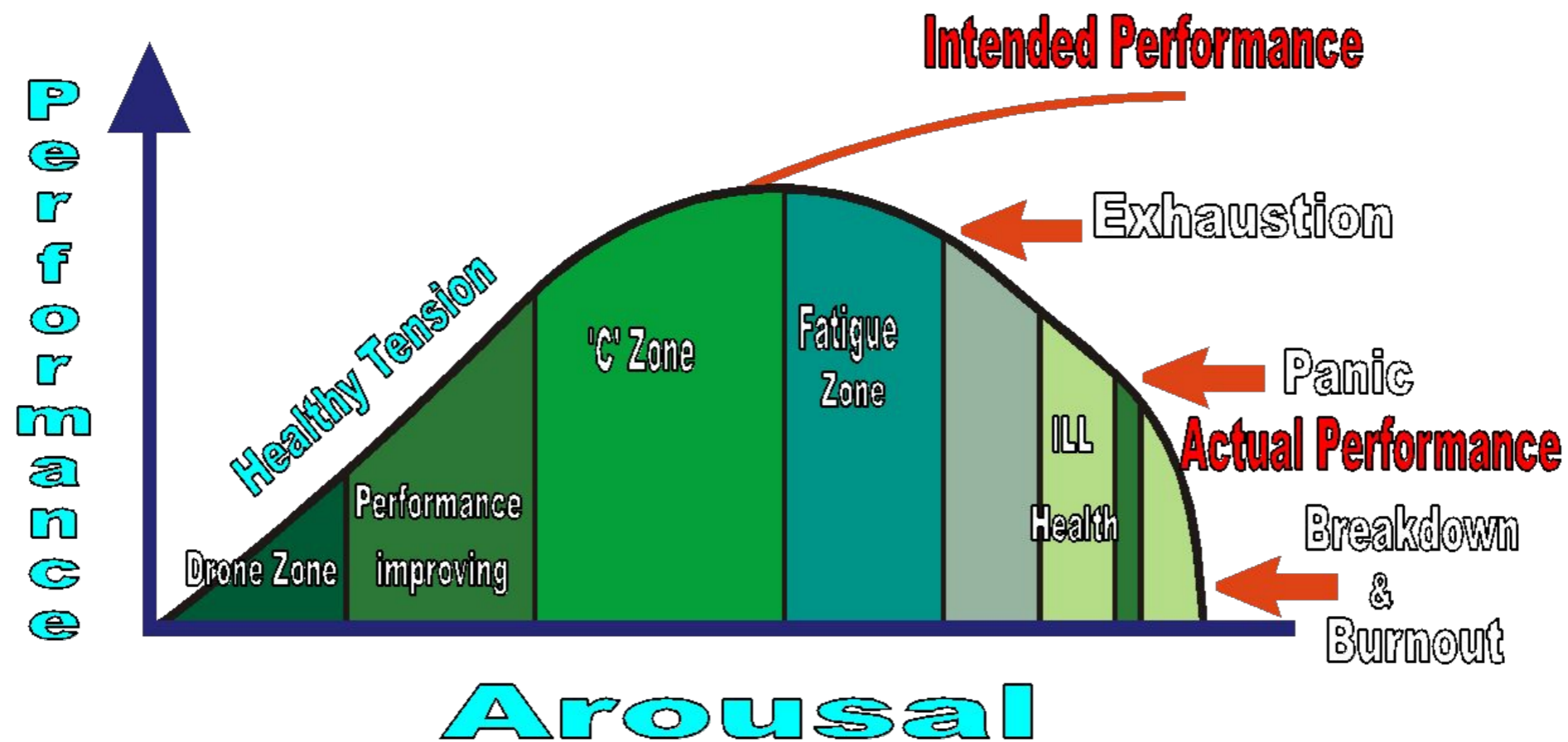
1. Direct – personal witness, present at scene
2. Vicarious – empathic engagement with traumatised sources & communities
3. Secondary – graphic imagery in professional context
4. External – Threat, Abuse, Harassment
5. Cumulative – career-long exposure

The good news: Research suggests journalists can be very resilient

Analytical abilities:

- Professional-detachment
 - Problem solving and sense making
 - Curiosity
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- **Profound encounters:** Learning from people in stories
 - **Commitment to the mission:** Offers a layer of protection
 - **Working in teams** (When possible)
 - **Investment & pride in craft skills:** Knowing what you are doing, feeling of being good at it

The curve of stress related experiences



Self-care strategies

PHYSICAL : Exercise, yoga, dancing, massage, taking a relaxing bath / hot shower, sports, somatic practice

PSYCHOLOGICAL / EMOTIONAL : Journaling, therapy, meditation, mindful activity, tidying / cleaning, puzzles / crosswords, engaging with fiction, researching

SOCIAL : Spending time with loved ones, having fun with friends, connecting with teammates, spending time with a pet, humour

Doing things you love : Holidays, hobbies, eating well, being mindful of alcohol / drug consumption

Build your community and social support

- Protective teams acknowledge and tolerate different coping styles, skill sets and personalities
- Find resilient role-models
- Be a supportive colleague: look out for others professionally
- Build and sustain your network – professional and social
- Keep the mission forefront: call out bullying and personal attacks, workplace morale matters

What the research shows: Best chances of Resilience

- Ability to recognize, tolerate and regulate distressing emotions
- Ability to reflect on the experience and adjust beliefs about self / others / world
- Sense of control / agency
- Availability and willingness to use social support & connections



Over to you!

- What aspects of climate reporting and trauma are you interested in?
- What might you need? What kind of support could be helpful for you?

Contact us

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