



WORKSHOP

PUBLISH AND PERISH:

**How to Protect
Your Mental
Health as a
Journalist**

**TRAINER:
Shekufe Ranjbar**

**SATURDAY, NOVEMBER 8
9AM GMT**

LinkedIn



Exposure to traumatic stories

Hosting live bulletins

Freelancing insecurity

Baseless bias!

Culture of toughness

Lack of organizational training

Misogyny

Full-time job pressure

Fast-approaching deadlines!

Night/weekend shifts!



My Story

PUBLISH AND PERISH

Burnout!

Exiting job!



1. Causes of Pressure



2. Red Flags!



**Your Participation is
KEY!**

3. Coping Strategies



Underpaid?! Then **freelance!!**

Abuse is just part of the job, accept & shrug it off.

Only **“tough”** guys can survive in journalism.

You should be having a **“thick skin”**
and not be affected by what you see or hear.

You want this story? Your
personal responsibility!

Burnout?! You are spoiled!! Be strong and work hard!.

Being **emotional** hampers good objective journalism!.

Too distressing?! **Detach** emotionally, simply!

Journalism is for **humanity**, not **money!**

No place for **women!**



Normalized !

Public Distrust

News Avoidance

Celebrity journalists

Exposure to Trauma

Online Harassment, Threats & Hate

Unprofessional Behavior at Work

Job Insecurity

Precarious Working Condition

High Workload

Time Pressure

Causes of Mental Pressure

Lack of Organizational Support

Platform Updates & Digitization

Ethical & Moral Dilemmas

AI & Related Skills

Fear of being Replaced by AI

Share your experiences



What causes you mental pressure as a journalist?



Join at
slido.com
#3661 619

Post-Traumatic Stress (PTS)

Emotional Numbness

Depression

Burnout

Irritability

Decreasing Motivation/Creativity

Constant/Extended Anxiety

Family Relation Repercussions



RED FLAGS!



Stress Spillover to Private Life

Career Disruption

Sleeping Issues/Depravity

Resignation

Physical Pain

Share your experiences



What symptoms have you experienced as a result of mental pressure?



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Acknowledging instead of Ignoring

Peer Debriefing

Boundary Setting

Transparency

Honesty

Reaching out for Therapy/Consultation

Online Forums

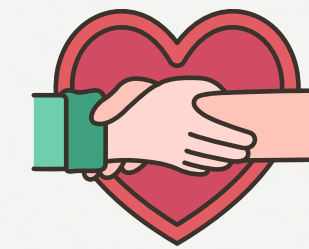
Publish about it!

Avoiding Toxic Environments

Demanding



Coping Strategies



Arranging/Demanding Organizational Help

Discussing in Community

Physical Activities

Taking Time Off

Familiarity with Law/Regulations

Sharing and Trusting

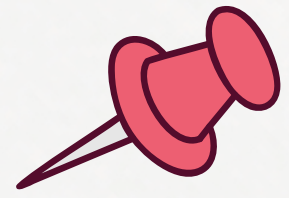
Share your experiences



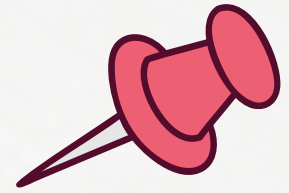
Share one small habit that helps you cope with mental stress or reset after stressful work.



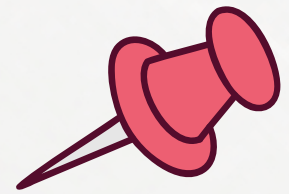
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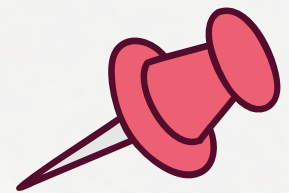
It is Ok not to be Ok!



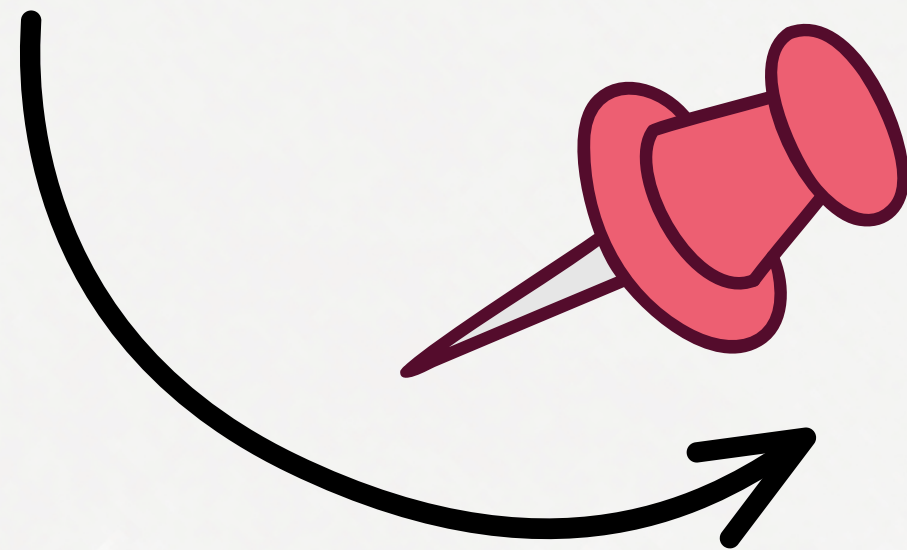
Acknowledge the pressure!



Do not take it as a duty!



Talk, write, create content about it!



Raise awareness!

Further Reading



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MEDIA INSTITUTE

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عربي

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E-Learning ▾

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Al Jazeera English News Control room (Photo: Mei Shigenobu)

Mental Health in Newsrooms



Faras Ghani

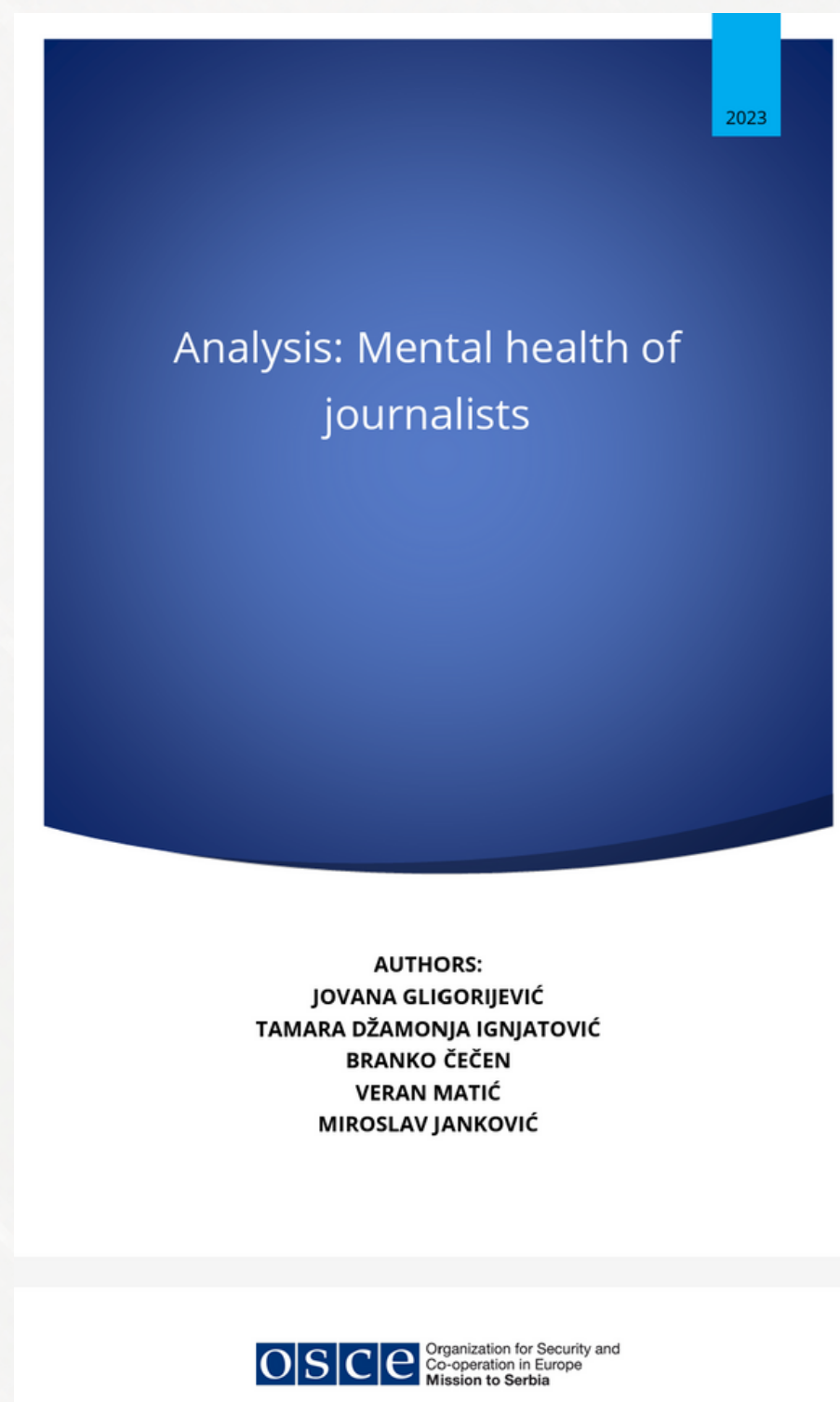
Published on: 27 Sep, 2025

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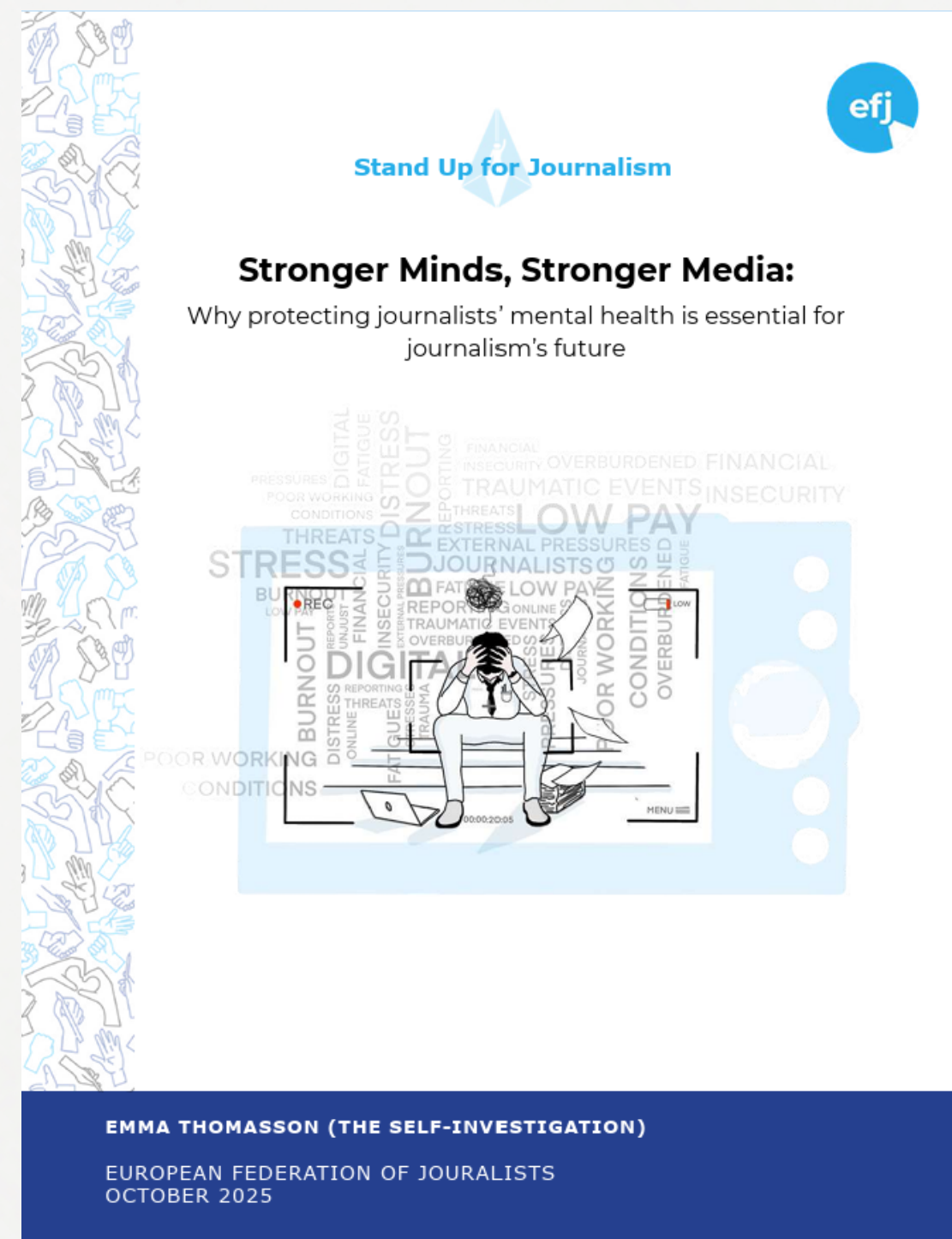
Al Jazeera: Mental Health in Newsrooms

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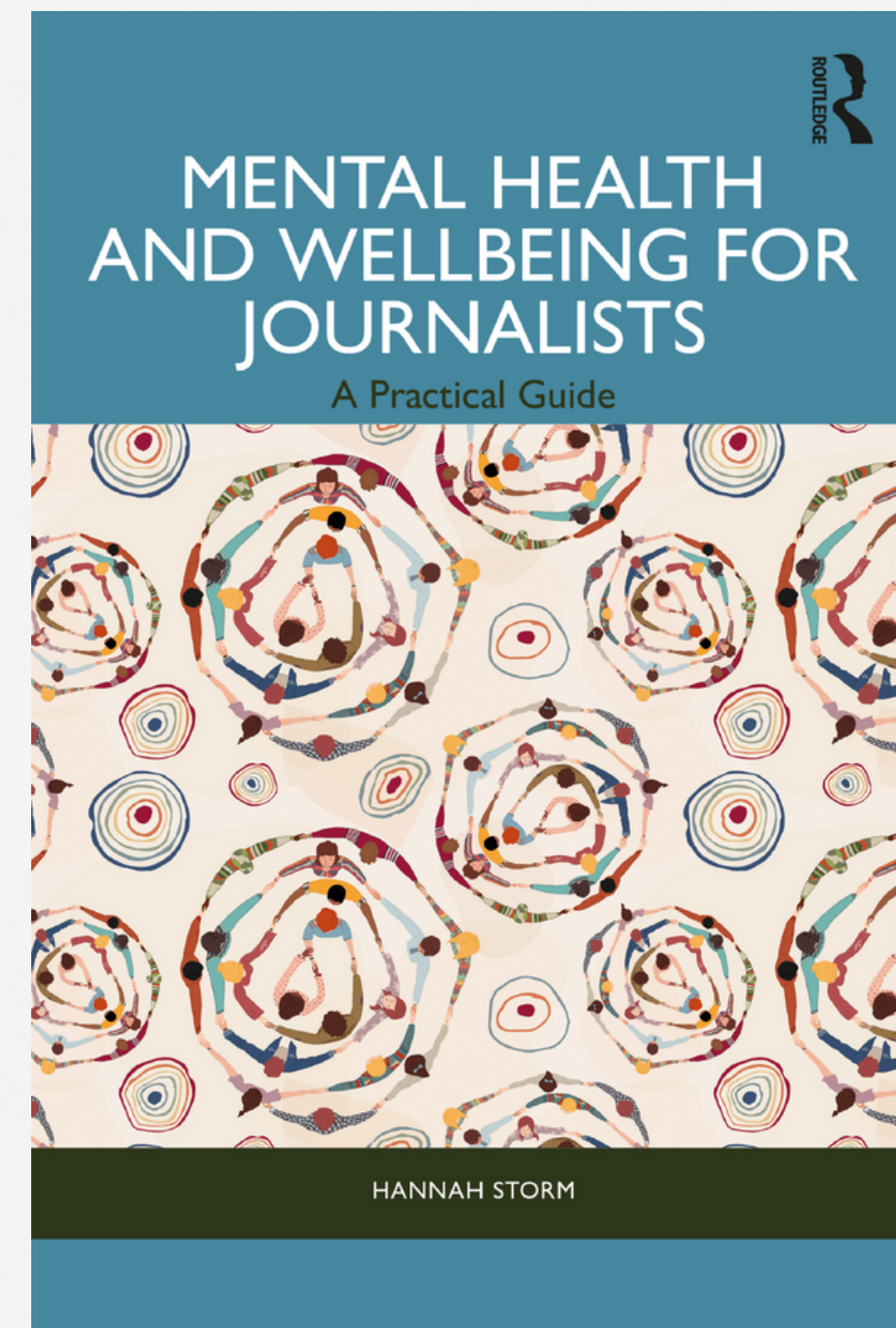




Organization for Security & Cooperation in Europe 2023



European Federation of Journalists 2025



Time to Talk!
Feel free & Share!



PUBLIS BUT DO NOT PERISH!

The End

THANK YOU FOR ATTENDING

Shekufe Ranjbar

Journalist & Researcher at LMU



LET'S MAKE THE COMMUNITY!

Sources

Glgorijević, Jovana, Tamara Džamonja Ignjatović, Branko Čečen, Veran Matić, and Miroslav Janković. Analysis: Mental Health of Journalists. Belgrade: OSCE Mission to Serbia, 2023. PDF file.

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