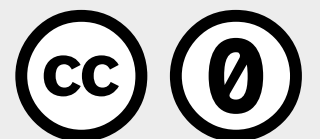


# Mental health for open source researchers: How to take care of yourself?



1

# BE MENTALLY PREPARED

Always ask yourself if it's important to watch a video that contains harmful content and give special attention to the way this content is served.

# MUTE THE SOUND AND FAST FORWARD THE VIDEO

- The effect of sound is very harmful to your mental health. Try your best to mute the video before clicking the play button.
- Fast forward the video to know what you will watch and what content you are served.
- Once you are familiar with the content, think how you should deal with it and how it could negatively impact your mental health.

3

# BLUR THE IMAGE

Many applications on Google Chrome or Firefox can help you blur graphic images while conducting research.

# CREATE BOUNDARIES

- When you finish your task, isolate yourself from the work mood.
- Don't check your emails or social media pages, close your laptop and relax.
- Separate your off time from work time.
- Avoid constant exposure to harmful content.

# SET UP A HEALTHY WORK ENVIRONMENT

- Take regular breaks and don't work for long hours.
- Change your clothes when you're working from home.
- Create a support network.
- Don't listen to your favorite music while doing open-source research.

**Visit Bellingcat for more tips and  
resources:  
[Bellingcat.com](https://www.bellingcat.com)**

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