

ATTENDING TO CLIMATE ANXIETY



Climate anxiety is a psychological effect specific to climate change, and it may lead to a feeling of dread about the future combined with a feeling of powerlessness to do anything to shape the future.

SOURCE: A FIELD GUIDE TO CLIMATE ANXIETY BY SARAH JAQUETTE RAY

HAVE COMPASSION FOR NEGATIVE FEELINGS

Negative feelings aren't all bad! Instead of pushing away negative feelings, allowing them to be present and observing their effect can help us to move through them.



FOCUS ON WHAT YOU CAN CONTROL



Climate change is overwhelming, but just because you can't do everything doesn't mean you can't do anything. Likewise, change rarely happens overnight, but that doesn't mean it's not happening. Take time to celebrate the small wins!

RECOGNIZE THE IMPORTANCE OF REST

You don't need to be "always on," in fact you shouldn't be! Being "always on" or always working leads to burnout, it is not a sustainable approach to climate work!



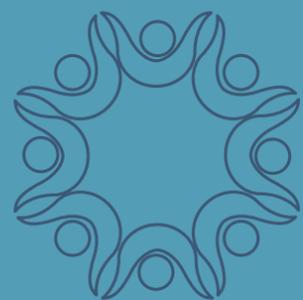
UTILIZE MINDFULNESS AS A TOOL



Mindfulness, a practice of staying in the moment, can be a healthy antidote to anxiety. Meditation is one example of a mindfulness practice, but any time we pay attention to our minds, bodies, and feelings at a given moment we are practicing mindfulness. Gratitude journaling is another example of mindfulness practice.

FIND JOY & COMMUNITY IN THE WORK

Do the work with people you enjoy, and make sure to create time and space for rest, silliness, and wonder. Finding a community of like-minded people can also help you to sustain yourself and the work you are doing.



A REMINDER: ANXIETY IS A NORMAL RESPONSE TO THE CLIMATE CRISIS. BUT YOU DON'T HAVE TO GO IT ALONE! IF YOU FIND THAT YOUR STRESS LEVELS ARE INTERFERING WITH YOUR LIFE, IT IS IMPORTANT TO TALK TO A MENTAL HEALTH PROFESSIONAL, A SCHOOL COUNSELOR, OR ANOTHER TRUSTED ADULT.