

Strategies to move through and beyond climate anxiety



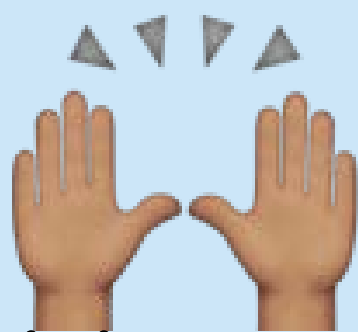
Strategies for addressing climate anxiety

There are many ways we can move through and beyond climate anxiety so we do not feel consumed by it.

There are different points of leverage we can engage to help manage the mental health and wellbeing impacts of climate change. This guide offers three leverage points:



Self Care



Activism and
Advocacy



Systems Change

But! Coping strategies are not one-way suits all.

When discussing coping strategies, we must recognize and acknowledge how systems of inequity, racism, and discrimination can intersect with coping strategies.

Systems of inequity, vulnerabilities, location, or differing world views can all influence the ways in which coping mechanisms are engaged or mobilized.

Some folks might find certain strategies more useful or important depending on individual experiences and context.

Use this guide as a starting point to find out what works for you!



Self Care Approach

💖 Take care of your mental health and wellbeing. Nourishing your mind, body, and wellness can offer more sustainable capacity for long-term climate advocacy and activism.


💡 Step back from doom scrolling. Prioritize stories highlighting climate momentum!

💬 Reach out and share your feelings with folks you trust.

🌻 Maintain or take up practices that make room for hope, joy, meaning and purpose in building climate momentum.


👏 Connect with family, place, culture, community, and nature.

Activism and Advocacy Approach

 Be a leader in educating about the mental health and wellbeing impacts of climate change and coping strategies in your networks.

 Join local or global climate movements or groups working towards climate justice, sustainability, divestment, or community resilience.

 Join campaigns and lobby political, business, and industry leaders to implement policies that align with climate science and climate justice.

 Volunteer with local groups organizing in your community.

Systems Change Approach

🧡 Call for institutions to prioritize climate mental health and wellbeing issues.

💡 Prioritize addressing inequities such as poverty, racism, homelessness that lead to disproportionate climate burdens and impacts on equity-seeking communities (often low-income and racialized).

💬 Vote to empower community leaders committed to addressing mental health and wellbeing impacts of climate change.

🌻 Call for a just transition to renewable energy systems to reduce the dependence on fossil fuels and creating meaningful new jobs.

CLIMATE WELLBEING SERIES

Remember: this is a collective effort!

Here are some gentle reminders to take away for yourself:

We all have different capacities, resources, and challenges. Do what you can, when you can, as you can.

Find room to foster community, hope and joy. No act is too small to make a difference.

Build community trust and cohesion through acts of community care and collaboration.

You're not alone in feeling climate anxiety, grief, or frustration. Reach out, share your emotions and process them with folks you trust.