

CLIMATE WELLBEING RESOURCE KIT



COVER ART BY MEGHAN WISE

A BIT ABOUT THIS RESOURCE

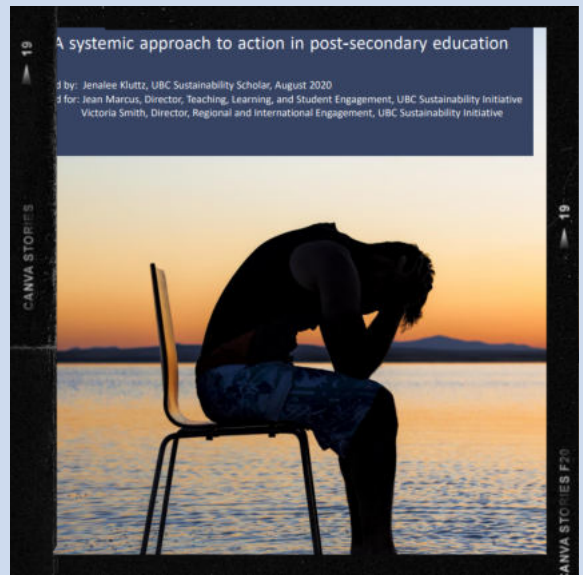
This toolkit was put together to help generate some easy access for people looking to connect with climate mental health and wellbeing resources, information, and strategies.

It is not professional advice, nor prescriptive. It is, however, rooted in love, care, and a desire to support climate mental health and wellbeing among individuals and communities.

It is not the beginning nor the end of what is out there on these important and ever-pressing issues. But hopefully, this resource might offer a touchpoint for those looking to explore, navigate and support themselves or others as we all navigate the many impacts of climate change.

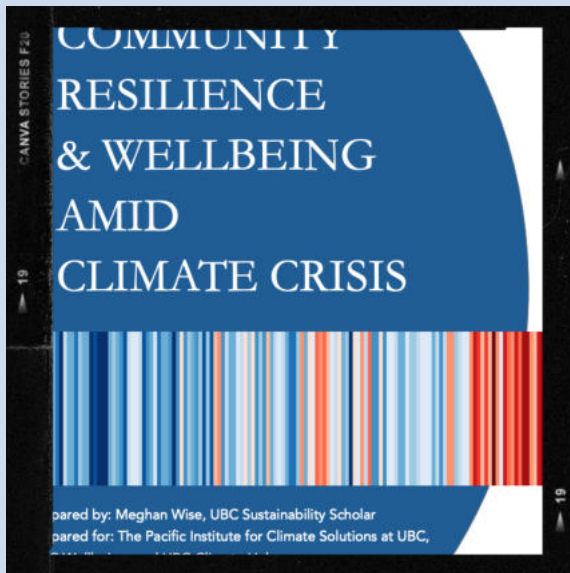


MENTAL HEALTH AND OUR CHANGING
CLIMATE

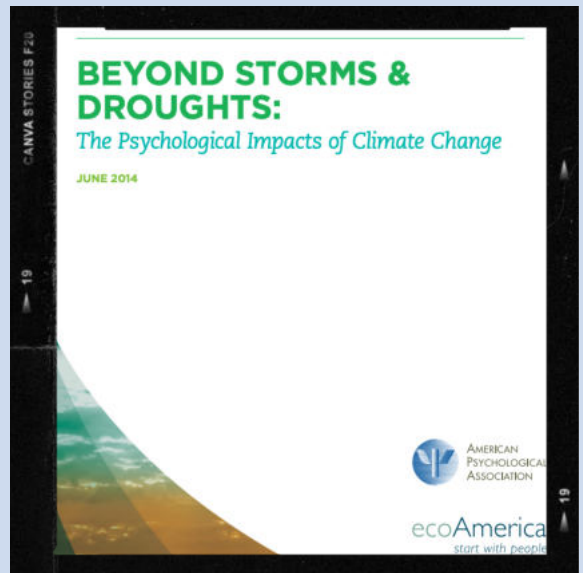


CLIMATE CHANGE AND MENTAL
HEALTH

CLIMATE AND MENTAL HEALTH REPORTS

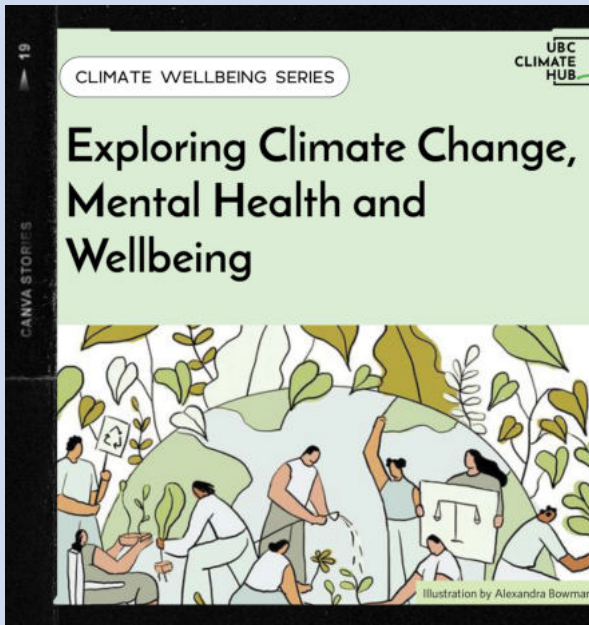


COMMUNITY RESILIENCE AND
WELLBEING AMID CLIMATE CHANGE

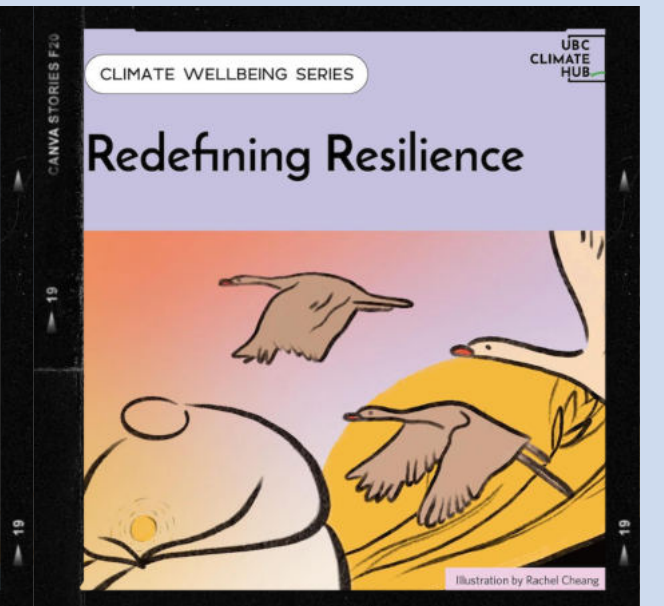
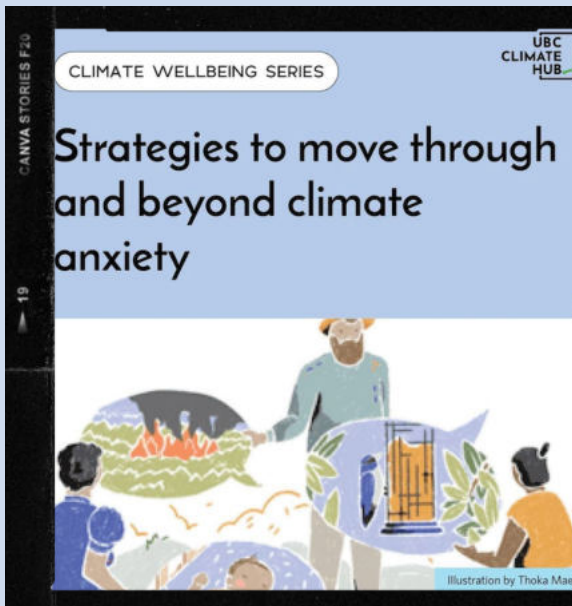


BEYOND STORMS AND DROUGHTS

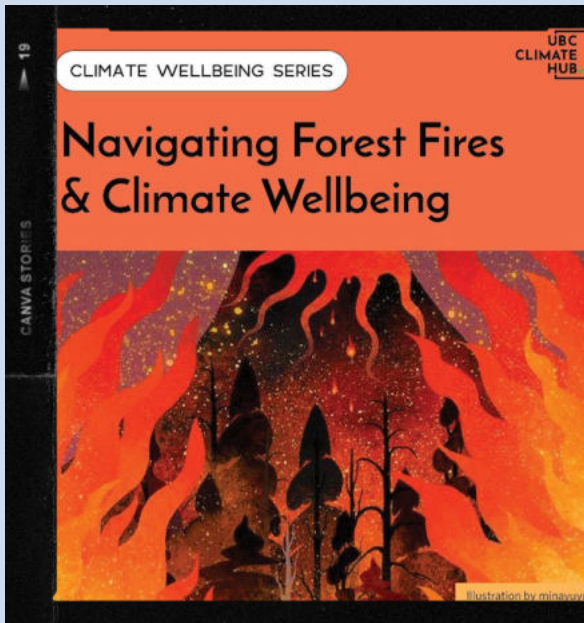
CLICK IMAGES TO CONNECT TO LINK TO SOURCE



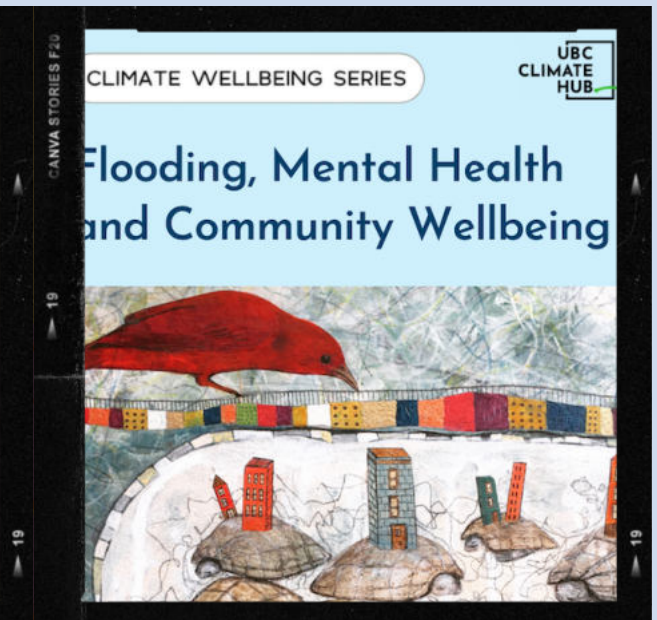
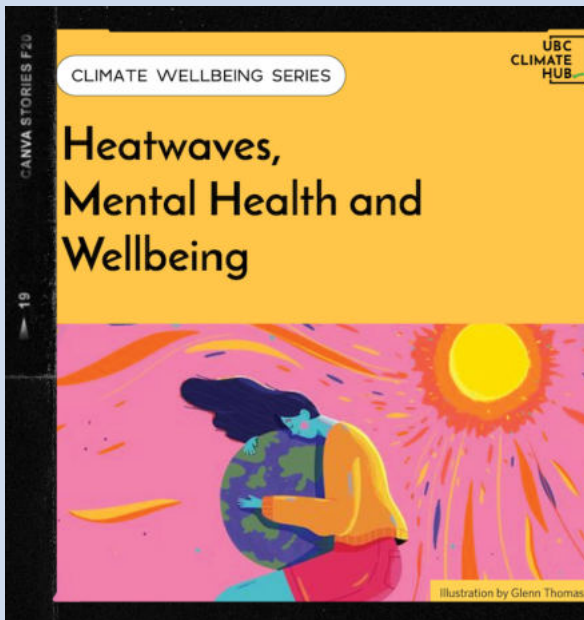
CLIMATE WELLBEING SERIES: EXPLORING & NAVIGATING CLIMATE IMPACTS & EMOTIONS



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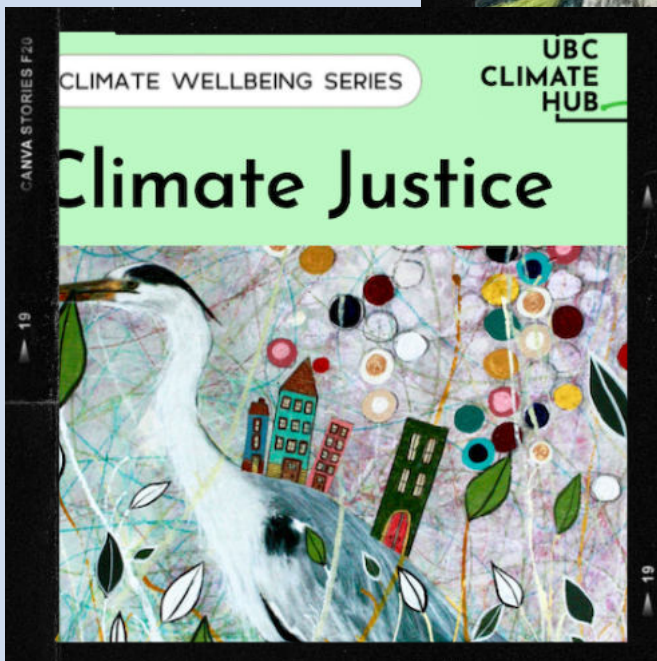
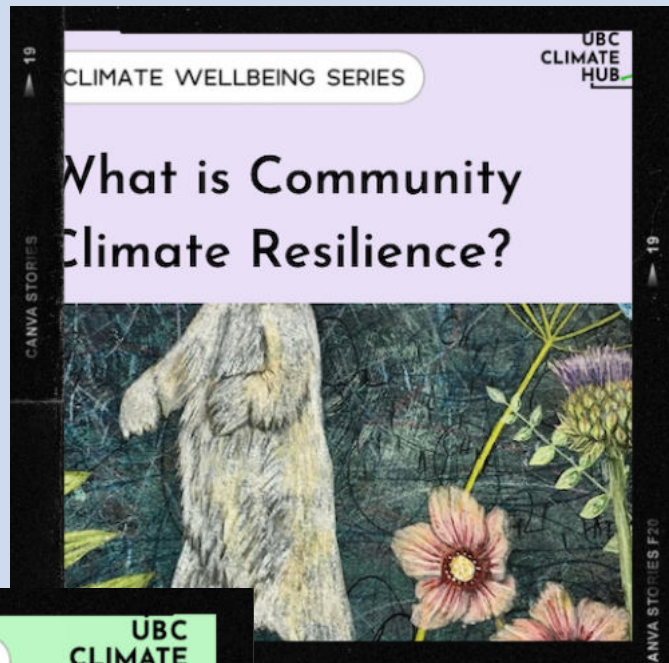


EXPLORING AND NAVIGATING CLIMATE IMPACTS & EMOTIONS



CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

UNDERSTANDING CLIMATE JUSTICE, RESILIENCE AND WELLBEING



CLICK IMAGES TO CONNECT TO LINK TO SOURCE

SOME ARTICLES ON CLIMATE, MENTAL HEALTH & WELLBEING



HOW TO CALM YOUR CLIMATE ANXIETY:

Between wildfires, heatwaves and hurricanes, we're all feeling nervous about the future. But stewing or ignoring the problem won't ease your burden."

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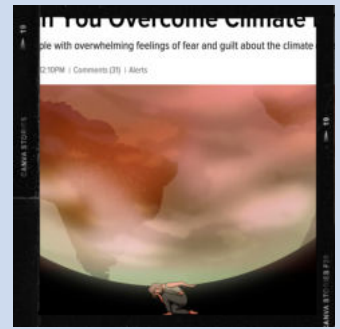
ARTICLES ON CLIMATE WELLBEING



Climate disasters will strain our mental health system. It's time to adapt.



Anxiety and biscuits: the climate cafes popping up around the world



How Can You Overcome Climate Dread?



5 Ways Communities Are Coping With Climate Anxiety



Climate anxiety doesn't have to ruin your life. Here's how to manage it.



Framing climate change as a human health issue: enough to tip the scale in climate policy:



How climate inaction is driving a mental health crisis in children



Reasons for Hope on Climate Change in 2021



Dare we hope? Here's my cautious case for climate optimism

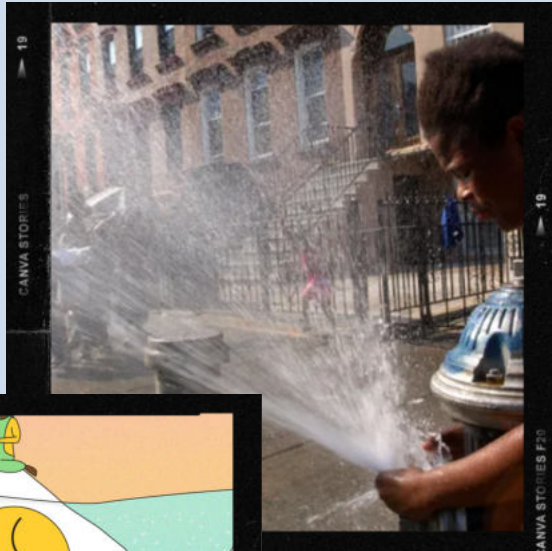
CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

CLIMATE WELLBEING AND RACIAL JUSTICE

SCIENTIFIC AMERICAN:

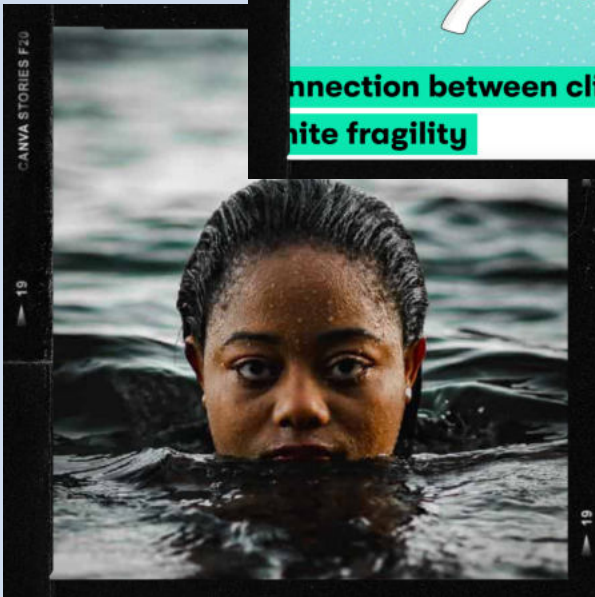
Climate Anxiety Is an
Overwhelmingly White
Phenomenon:

Is it really just code for
white people wishing to
hold onto their way of life
or to get "back to normal?"



MIC:

The connection
between climate
anxiety and white
fragility



ENVIRONMENT911

What Is Eco-anxiety
and How It Affects
Communities
Differently

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CLIMATE CHANGE AND 2SLGBTQIA+



Why Climate Change is
an LGBTQ+ Issue



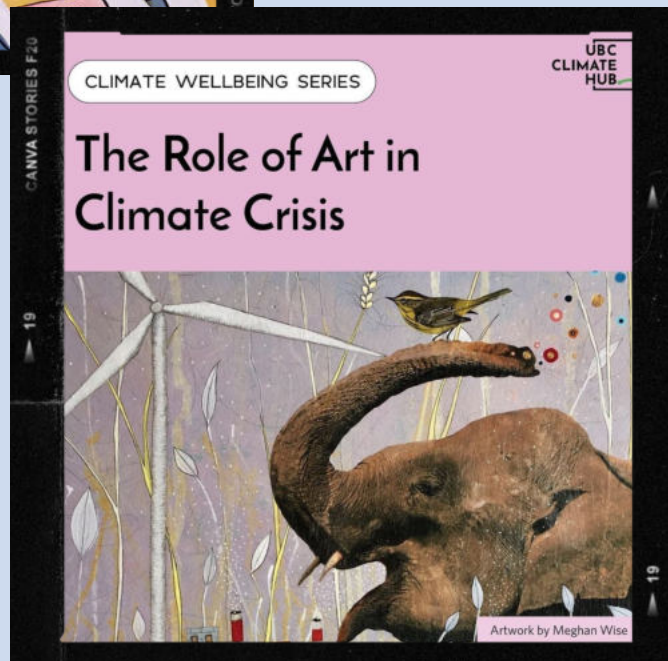
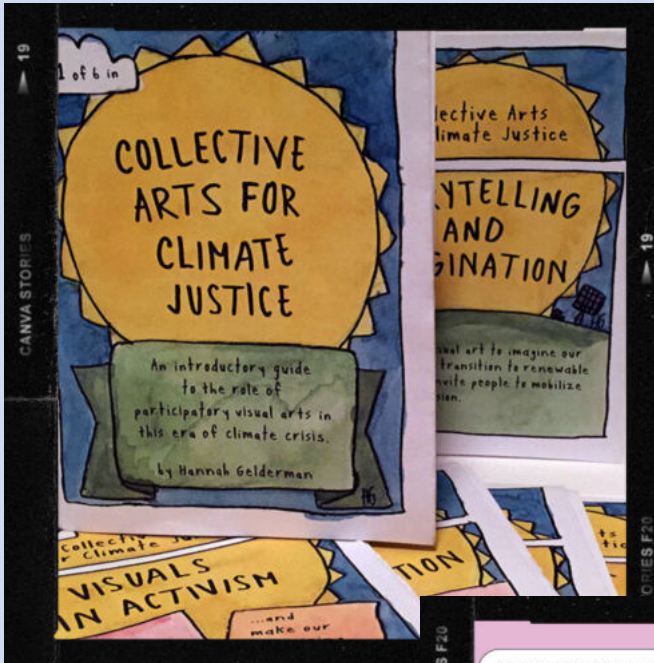
Climate Change Through an
Intersectional Lens



How climate change is affecting
the LGBTQIA+ community

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NAVIGATING CLIMATE WELLBEING THROUGH ART



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SOME WEBSITE LINKS FOR HOPE, ACTION AND COMMUNITY BUILDING



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SOME PODCAST LINKS ON CLIMATE ANXIETY AND WELLBEING



SCIENCE FRIDAYS:
You Aren't Alone In
Grieving The
Climate Crisis

This is a podcast cover with a solid pink background. The text is in white, with 'SCIENCE FRIDAYS:' in all caps and the rest in title case. The Canva watermark is visible on the left and right sides.



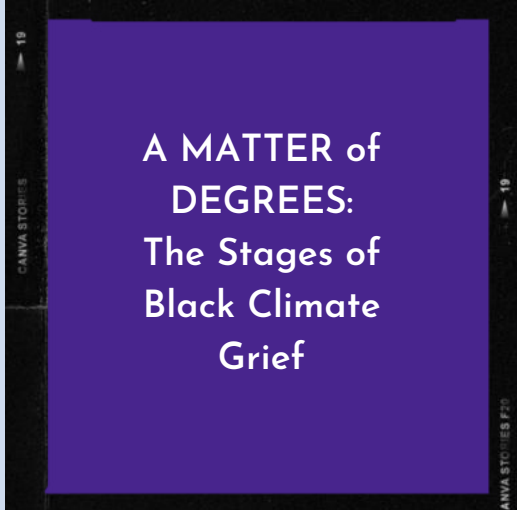
CLIMATE CRISIS
CONVERSATIONS:
From Anxiety to
Agency: stepping up,
rather than shutting
down, in the face of
the climate change
crisis

This is a podcast cover with a solid blue background. The text is in white, with 'CLIMATE CRISIS CONVERSATIONS:' in all caps and the rest in title case. The Canva watermark is visible on the left and right sides.



HOT TAKE:
There's No Climate
Justice Without
Indigenous
Sovereignty, with
Rebecca Nagle

This is a podcast cover with a solid teal background. The text is in white, with 'HOT TAKE:' in all caps and the rest in title case. The Canva watermark is visible on the left and right sides.

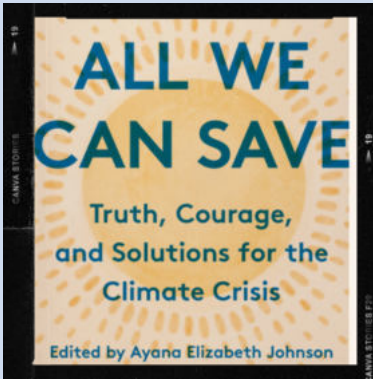


A MATTER of
DEGREES:
The Stages of
Black Climate
Grief

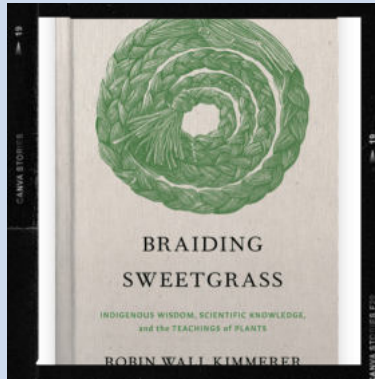
This is a podcast cover with a solid purple background. The text is in white, with 'A MATTER of DEGREES:' in all caps and the rest in title case. The Canva watermark is visible on the left and right sides.

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SOME BOOK LINKS FOR CLIMATE HOPE AND ACTION



All We Can Save: Truth,
Courage, and Solutions
for the Climate Crisis.



Braiding
Sweetgrass



A Field Guide To
Climate Anxiety



How To Change Everything



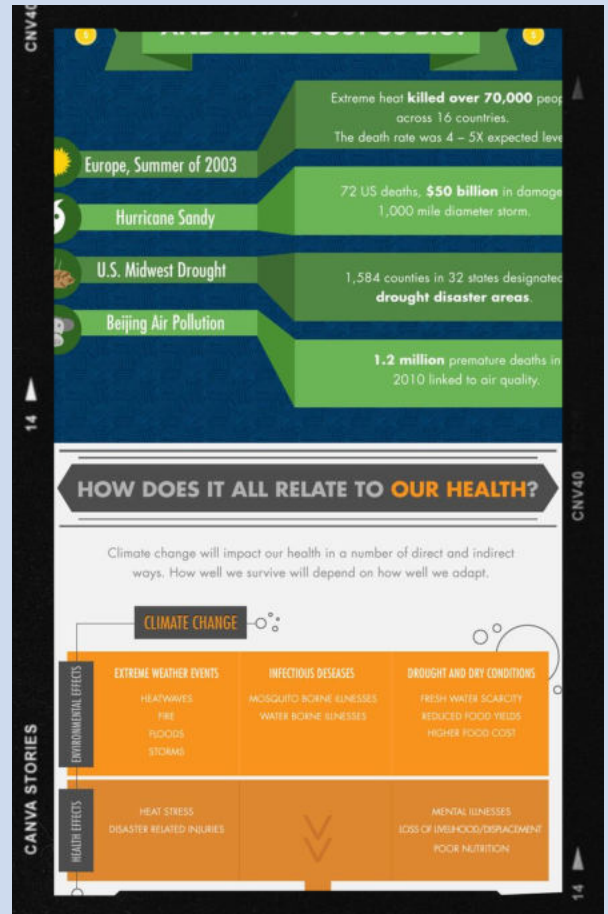
Revolutionary Power

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CLIMATE WELLBEING INFOGRAPHICS



CLIMATE WELLBEING
INFOGRAPHIC



HOW CLIMATE CHANGE WILL AFFECT
YOUR HEALTH INFOGRAPHIC

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