

CLIMATE WELLBEING RESOURCE KIT



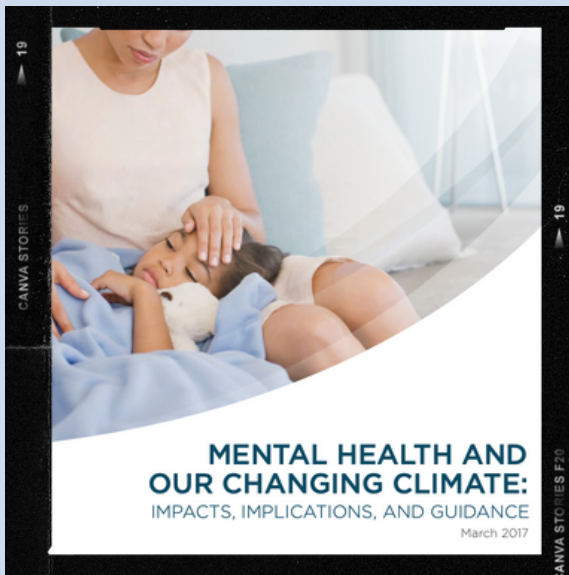
COVER ART BY MEGHAN WISE

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.

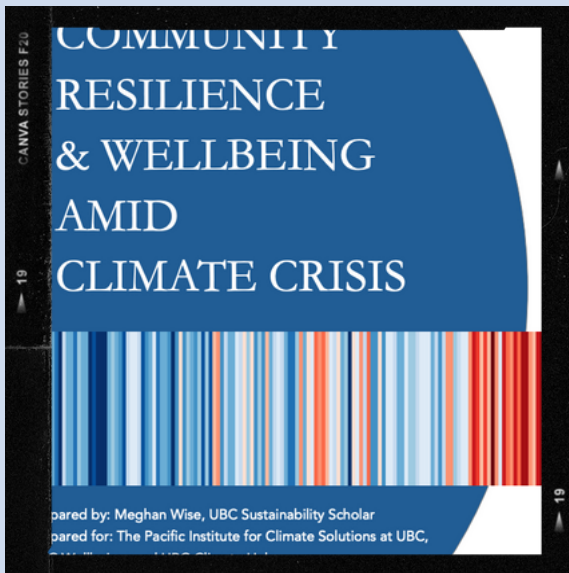


MENTAL HEALTH AND OUR CHANGING CLIMATE

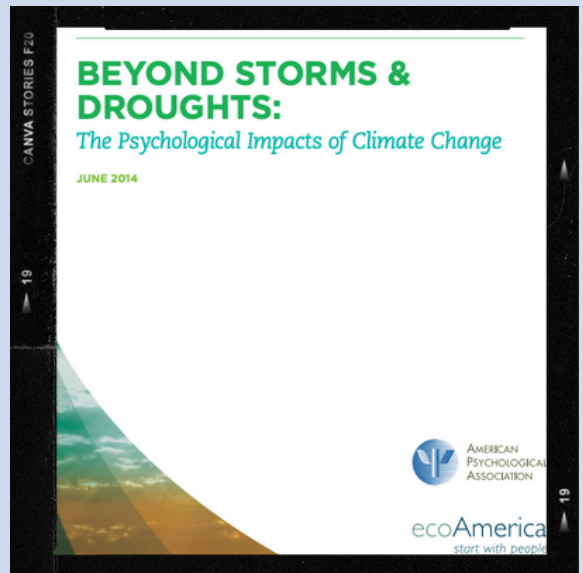


CLIMATE CHANGE AND MENTAL HEALTH

CLIMATE AND MENTAL HEALTH REPORTS

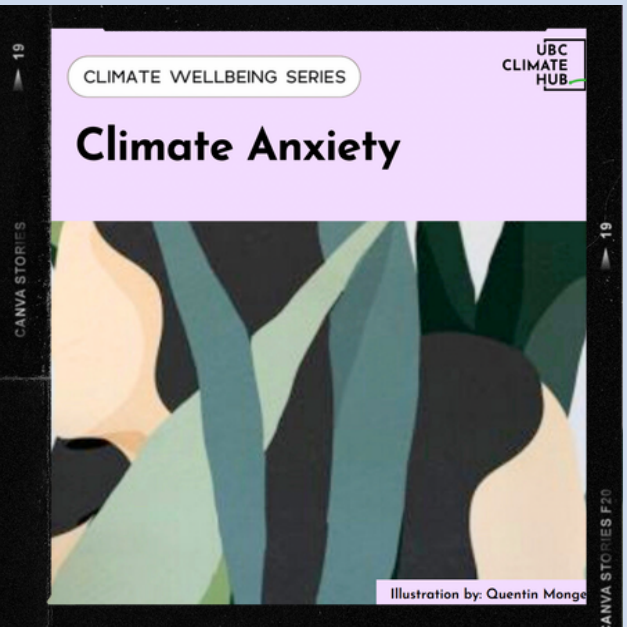
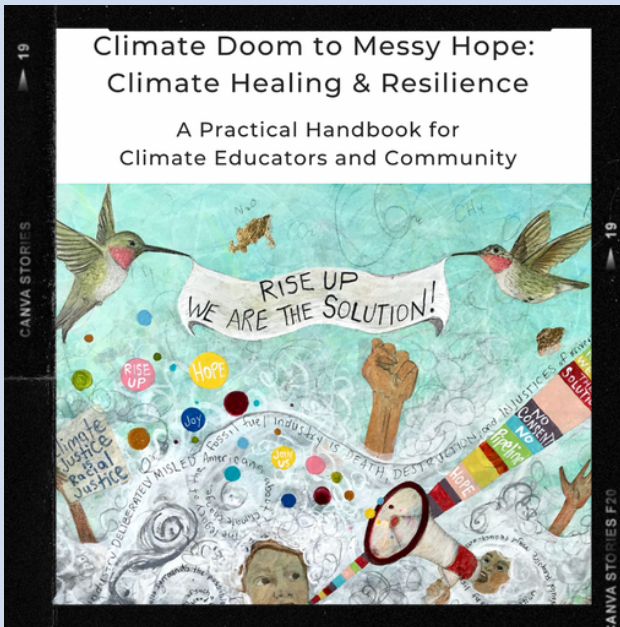


COMMUNITY RESILIENCE AND WELLBEING AMID CLIMATE CHANGE

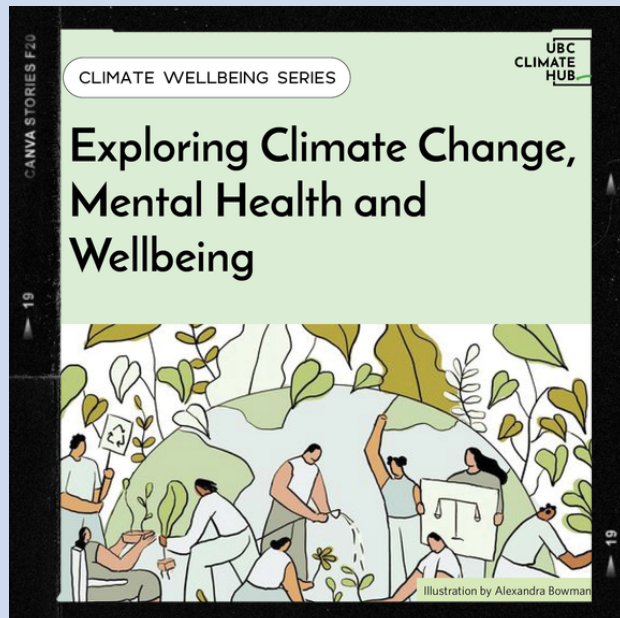


BEYOND STORMS AND DROUGHTS

CLICK IMAGES TO CONNECT TO LINK TO SOURCE



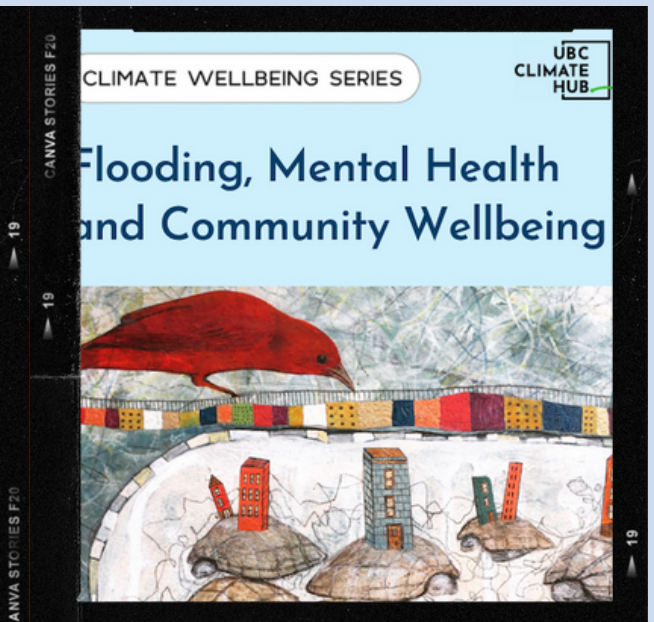
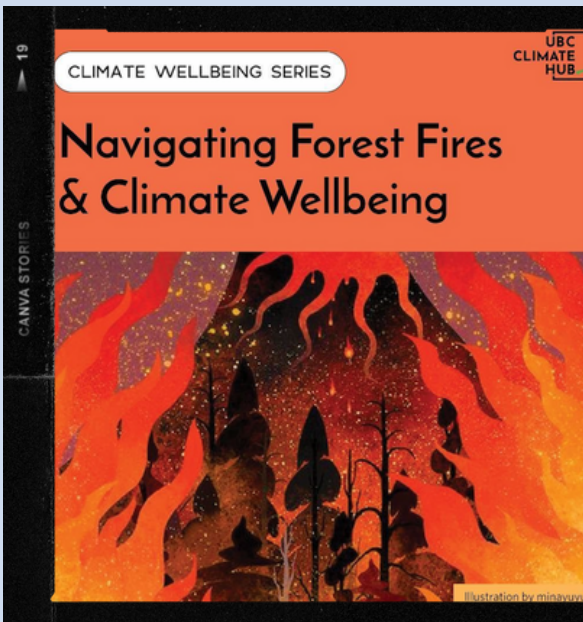
CLIMATE WELLBEING SERIES: EXPLORING & NAVIGATING CLIMATE IMPACTS & EMOTIONS



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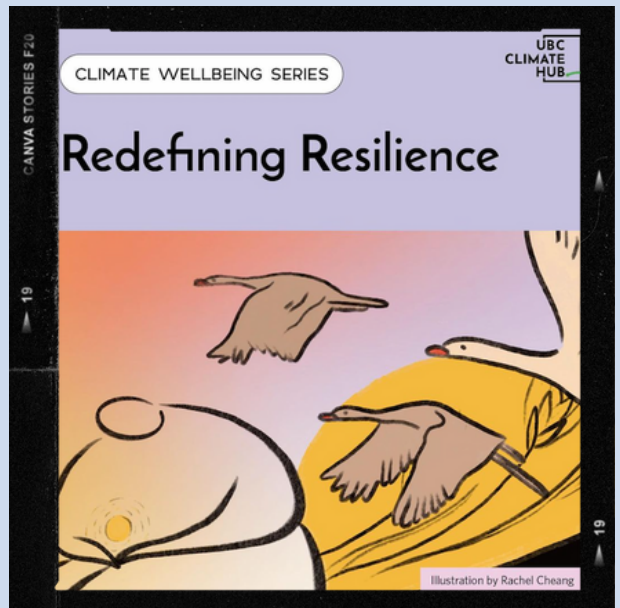
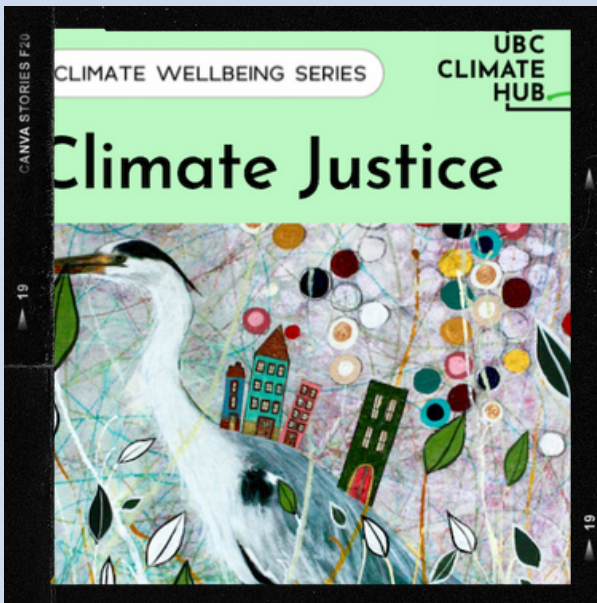
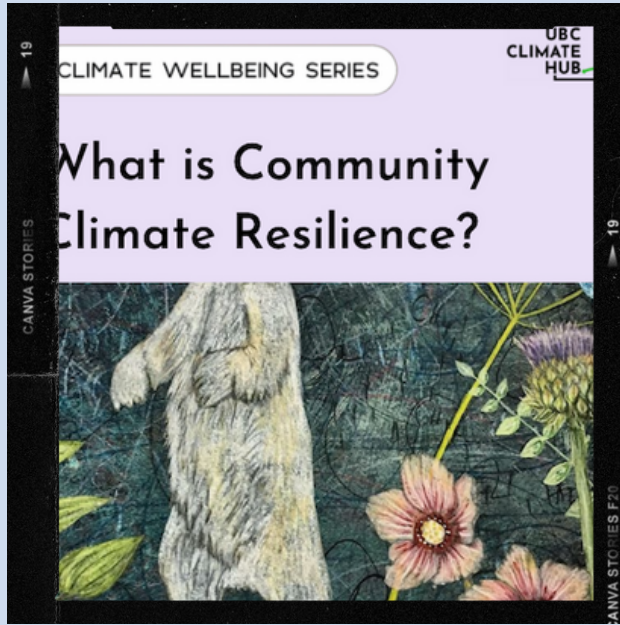


EXPLORING AND NAVIGATING CLIMATE IMPACTS & EMOTIONS



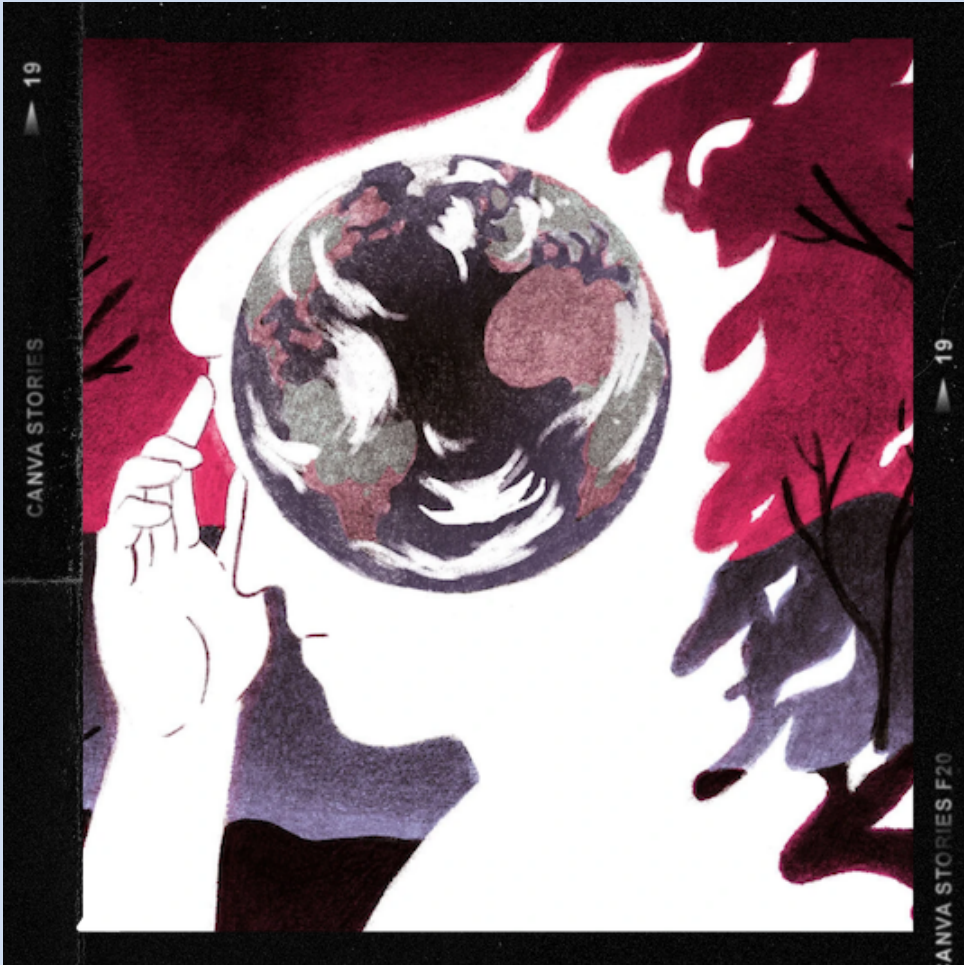
CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

UNDERSTANDING CLIMATE JUSTICE, RESILIENCE AND WELLBEING



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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."

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



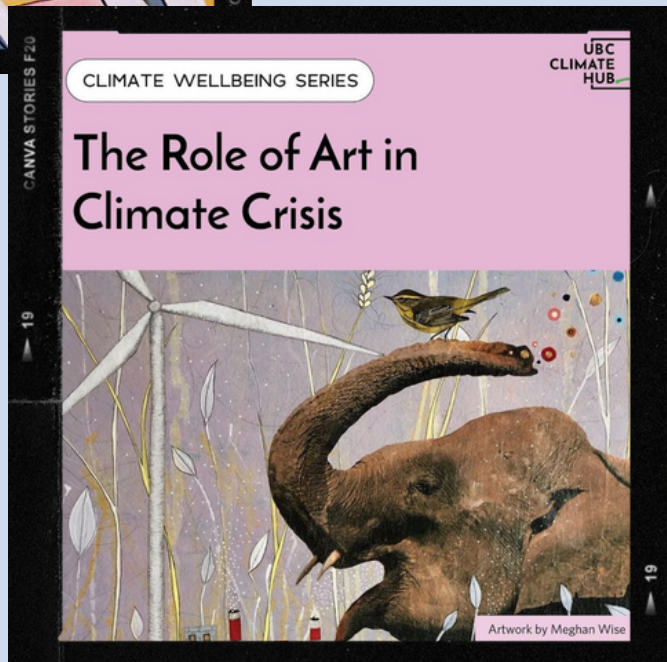
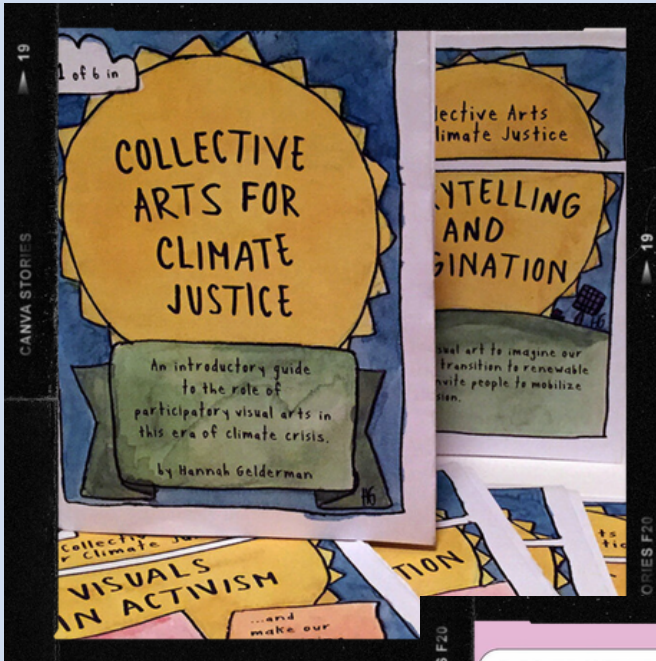
Climate Change Through an Intersectional Lens



How climate change is affecting the LGBTQIA+ community

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NAVIGATING CLIMATE WELLBEING THROUGH ART



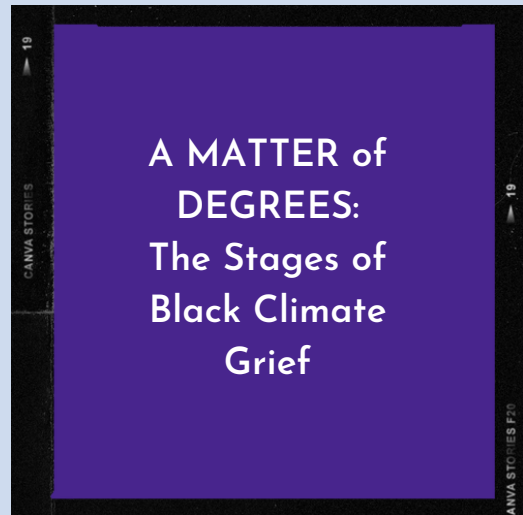
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SOME WEBSITE LINKS FOR HOPE, ACTION AND COMMUNITY BUILDING



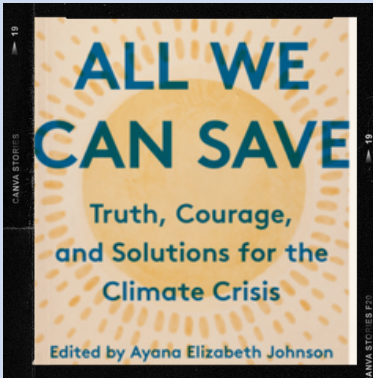
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SOME PODCAST LINKS ON CLIMATE ANXIETY AND WELLBEING

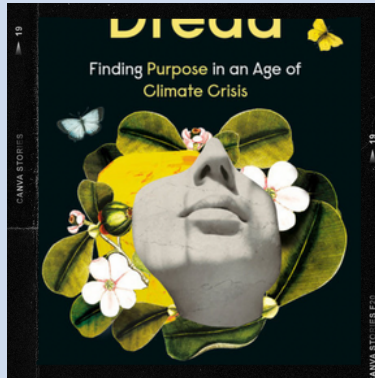


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SOME BOOK LINKS FOR CLIMATE HOPE AND ACTION



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



Generation Dread



A Field Guide To Climate Anxiety



How To Change Everything



Revolutionary Power

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