



Generation Resilience: 2025 Pilot Program

Generation Resilience is a peer-based initiative designed to address the intersection of climate change and mental health by equipping emerging US Gen Z climate leaders with the tools to navigate climate emotions and support others. In February 2026 we completed a 9 month pilot.

Program Design

9 month
cohort

14 Climate
Leaders

11 community
workshops

80
Participants

Overview

- Bi-weekly cohort trainings on climate, mental health, and resilience
- 1:1 coaching to support personal growth and leadership
- Participant-led community events to engage peers in climate and mental health

Modules

- Climate and mental health literacy
- Communication and facilitation
- Leadership skills
- Self-care practices
- Community-building across generations

Impacts: Findings amongst participants at the end of the pilot

100%
stronger emotional
resilience

100%
greater hope &
purpose

100%
improved
coping skills

100%
confidence in
climate & mental
health

Reduced Distress

- **100%** improved their ability to manage climate emotions
- **85%** reported reduced overwhelm, fear, and powerlessness
- **93% → 0%** experiencing daily climate distress (*shifted to weekly or monthly*)
- **100%** built stronger emotional resilience skills

Increased Wellbeing

- **100%** experienced greater hope, inspiration, and connection



Climate Mental Health Network

Capacity to Care

- **100%** gained the tools and support to navigate their own climate emotions
- **100%** are equipped to support others facing climate-related distress

Knowledge & Confidence

- **100%** feel confident understanding the mental health impacts of climate change

Participant Feedback

“This cohort kept it in the forefront of my mind that we are all over the U.S., and that means there are countless people who care and are taking action across all our communities. I am so moved by our work and our way of caring. This cohort has been my soul’s medicine through these tumultuous times.”

“This has helped me experience more hope, inspiration, connection, purpose, meaning, joy, and gratitude. I have learned to disengage from the news cycle and focus on the actions I can take to become more embedded in my climate communities.”

“This program and workshop taught me a lot about how to regulate my own emotions and be a supportive person for others simultaneously. When others began to share, I felt that the preparation I had done was working to help guide the participants and myself.”

“It has shifted my experience of not seeing these feelings as bad emotions, but seeing them as indicators for a need for change.”

