



Climate Emotions Wheel



Climate Emotions Wheel © 2024



Climate
Mental Health
Network

You are not alone with your climate emotions. We are in this together.

Some tips for managing your climate emotions:



Explore: spend time in nature



Create: use arts, music and writing to express yourself



Breathe: notice and slow down your breathing



Gratitude and joy: remind yourself and experience it daily



Connect: talk with others

Download the Climate Emotions Wheel and get more tips and resources by scanning here.

