



## Wellbeing Tips

**VALIDATION:** This is normal. All of your climate emotions are normal and valid.

**BREATHE:** Notice and slow down your breathing. Start with a minute and gradually add more time each day.

**NEWS:** Monitor your news consumption, both time and content. Seek out inspiring, positive stories of action and healing.

**CREATE:** Get a journal to help you process your climate emotions and to express gratitude, such as writing, painting or drawing.

**CONNECT:** Talk with friends and family about your climate emotions.



**GRATITUDE & JOY:** What are you grateful for? What brings you joy? Remind yourself daily and experience them.

**NATURE:** Bring nature into your life. Get a plant, nature photo, grow food, or visit an outdoor green space.

**SOUNDS:** Listen to nature sounds and music that support your sense of well-being, reduces stress, and makes you feel better.

**LEARN & ACT:** Learn about climate justice issues. Create a vision of the world you want to live in. Find meaningful ways to you to use your skills to address the climate crisis, in your spheres of influence. It's all needed! Taking action also means taking care of ourselves and each other.