

CLIMATE MENTAL HEALTH TIPS

ClimateMentalHealth.Net



THIS IS NORMAL

You are not alone: all of your climate emotions are normal and valid. "Despair and fear are not inherently bad. Hope and optimism are not inherently good." -Britt Wray

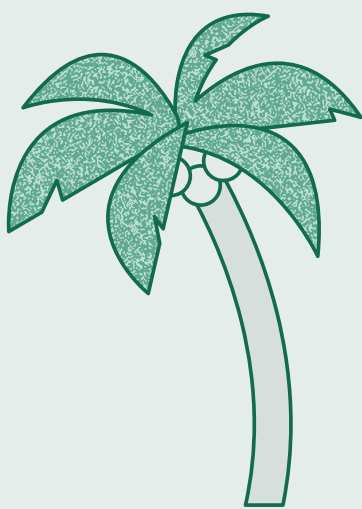


BREATHE

Notice and slow down your breathing. Slowly inhale and slowly exhale. 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.



GRATITUDE & JOY

What are you grateful for in your life?
What brings you joy?
Remind yourself daily and experience them.

JOURNAL

Get a journal to help you process your climate emotions and to express gratitude, whether it's writing, painting or drawing.



LEARN & TAKE ACTION

Learn about climate justice issues and find meaningful ways to use your skills to address the climate crisis, in your spheres of influence. Taking action also means taking care of ourselves and each other.

NATURE

Bring nature into your life. At home, get a plant, nature photo 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.

CONNECT

Talk with friends and family about your climate emotions.

