

Resources

For youth

Books:

- [How to Manage Your Eco-Anxiety \(Hardcover\) | ABRAMS \(abramsbooks.com\)](#)
- [Naomi Klein | How to Change Everything](#)
- [Braiding Sweetgrass for Young Adults - Lerner Publishing Group \(lernerbooks.com\)](#)
- [Generation Dread: Finding Purpose in an Age of Climate Crisis: Britt Wray: Hardcover: 9780735280724: Powell's Books \(powells.com\)](#)

A PCC research guide (young adults):

- [About climate anxiety - Climate Anxiety - Research Guides at Portland Community College \(pcc.edu\)](#)

And a whole bibliography:

- https://docs.google.com/document/d/11sggsZDbJWhBWm4OvJgNaNW_WP2KtUqu/edit?usp=sharing&ouid=107001783224794259704&rtpof=true&sd=true

Video:

- <https://www.pbs.org/video/feeling-anxiety-over-climate-change-heres-what-to-do-sagsuk/>
HIGHLY RECOMMEND