

RESOURCES FOR COPING WITH CLIMATE DISTRESS, GRIEF, AND OTHER EMOTIONS

Here are some examples to give you ideas and strategies; please seek out other similar resources as well.

Ways to calm the nervous system when stressed:

- Meditation/mindfulness practices (you can look for apps with free trial versions like [Calm](#) and [Headspace](#), and for BIPOC women there is the free app [EXHALE](#); a range of websites is also available.)
- Breath practices (One example: coherent breathing practice: breathe in slowly to the count of 4, breathe out slowly to the count of 4. Do this for 2 minutes or more.)
- Spending time in the natural world if possible, including city versions like a park with trees. Looking at pictures of nature.
- Spending time with those you love/care about (hugs are especially useful neurobiologically for co-regulation of the nervous system.)
- Listening to music and looking at pictures on your phone that make you smile.

These are all ways to help you recenter yourself emotionally in your body, which calms your nervous system.

Talk about it. While many of us may initially feel quite alone and isolated with our difficult climate emotions, it can be extremely helpful to seek out conversation and connection. Most likely your friends and loved ones share some of your feelings about the climate crisis and will appreciate the opportunity to talk about them with you. In addition, talking about it helps to build the cultural shift that we need to mitigate emissions and advance just solutions--so it helps us all when any one of us has a climate conversation.

Read and learn more about climate and psychology. There are a growing number of websites geared specifically toward climate and psychology, including [climatepsychologyalliance.org](#), [climatepsychology.us](#), [climateandmind.org](#), [climatepsychiatry.org](#), and <http://www.theresourceinnovationgroup.org/intl-tr-coalition/>.

Find a group or workshop for climate grief support or processing climate-related emotion. Examples include: [goodgriefnetwork.org](#). More and more climate cafes are being organized; [climatepsychology.us](#) and <https://www.climatepsychologyalliance.org/> list them when possible.

Find ways to take action on climate. One of the most effective ways to address difficult climate emotions is to join with others in taking meaningful climate action. We are not recommending specific organizations because there are so many, with different climate-forward approaches, from youth-based organizations, to large national

groups, to climate justice organizations in frontline communities. Explore your options on the web and try out an organization or two.

Build climate awareness, dialogue, and action in your workplace, union, school group, or faith institution.

Another way to take meaningful action is to connect with others who are already in your community.

Professional mental health resources. You may want to seek professional help if other sources of support, connection, and care don't feel like enough, or if you are experiencing difficulties in aspects of daily functioning (such as disrupted sleep, changes in appetite, ruminating thoughts, or trouble concentrating). Here are some ideas for professional resources you can try:

- Free crisis intervention hotlines
- Climate-aware therapist directory for the US and Canada (for a list of therapists who have experience with these concerns): climatepsychology.us
- Other ways to find a counselor or therapist: ask your medical doctor, friends, insurance company, look for clinics at your local hospital or mental health center

If you are feeling like you or someone you care about might be in danger of harming self or others, please call 911 or go to the nearest emergency room.

Ideas generated by Wendy Greenspun, Ph.D., in collaboration with The Climate Museum.