

Shake Up The Establishment

Climate Change, Health and Wellbeing Tool Kit

Prepared by [Shake Up The Establishment](#) in collaboration with **Experiences Canada** for the Climate Change Forum as part of the Virtual Youth Leadership Forums 2022-23. This tool kit is accompanied by the [webinar/workshop which was delivered by Shake Up The Establishment on February 6, 2022.](#)

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Discussion Guide

Below are some reflective questions and exercises to partake in to further your understanding of the topics covered in our workshop/webinar.

Health Impacts of Climate Change

1. List some of the health impacts of climate change as shared in the webinar presentation.
2. Did any surprise you? Share some of the more surprising impacts that you become aware of and discuss why they were surprising.
3. Which communities are most structurally vulnerable to the impacts of climate change? Some were mentioned in the webinar presentation, but the list is quite long.
4. Often, the reasons why some groups are more structurally vulnerable to climate change-related impacts overlap with societal inequities. Identify the ways in which some of the communities and groups you identified in question 3 might be at a disproportionately higher risk of negative health impacts and how these tie to the social determinants of health.
5. In what ways can communities be more resilient and prepared for climate change related health impacts? Brainstorm a few different strategies that you can think of. Do some additional research into climate change adaptation and resilience-building for a deeper look into this topic.

Coping with Climate Anxiety: An Exercise in Placemaking

This is our workshop activity in written format in case you would like to try it again with your peers and family. Try doing it again with different places in mind and see what solutions you can imagine. Do research on the climate change-related impacts upon your favourite local places or global homelands and see how the problems might look different too.

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Prompt 1

Take 2 mins to choose and draw, write or visualize a place in your community, or anywhere in the world, that you feel connected to.



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Prompt 2

Take 3 mins to consider how you feel when you are at this place and try to list or envision all that it offers you.

Add details to this place by reliving memories of your time there and envision scenes with this place filled with the people, animals, plants and other beings that you cherish spending time with there.

Prompt 3

Take 5 mins to consider what the climate change-related harms are that this place might endure, should there not be swift action taken to ensure mitigation and adaptation to the climate crisis at large.

What are the potential impacts to this space as a result of climate change and what might that look like in contrast to the previous images you recalled?

Prompt 4

Take 5 mins to give this place a fix– imagine it being resilient, having adapted to the realities of the vulnerabilities it might have imposed upon it.

Take a step back as well, and think more upstream– what kind of actions can you imagine yourself taking to ensure that this space, and all that it offers, can continue to thrive? Draw, list or visualize these actions.

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Learning Resources

Below is a non-exhaustive list of resources to learn more about the topics and related issues covered in our webinar and workshop on Climate Change, Health and Wellbeing.

Topic	Resources
<u>Decolonial Approaches to Mental Health</u>	• Zapata K. Decolonizing mental health: The importance of an oppression-focused mental health system [Internet]. Calgary Journal. 2022 [cited 2023Feb1]. Available from: https://calgaryjournal.ca/2020/02/27/decolonizing-mental-health-the-importance-of-an-oppression-focused-mental-health-system/ • Braymiller G. Francesca Maximé – rerooted – EP. 34 – decolonizing mental health with dr. Manuel X. Zamarripa [Internet]. Be Here Now Network. 2020 [cited 2023Feb1]. Available from: https://beherenownetwork.com/francesca-maxime-rerooted-ep-34-decolonizing-mental-health-with-dr-manuel-x-zamarripa/ • Hong C. Do Not 'Decolonize' . . . If You Are Not Decolonizing: Progressive Language and Planning Beyond a Hollow Academic Rebranding [Internet]. Critical Ethnic Studies. Critical Ethnic Studies; 2019 [cited 2023Feb1]. Available from: http://www.criticalethnicstudiesjournal.org/blog/2019/1/21/do-not-decolonize-if-you-are-not-decolonizing-alternate-language-to-navigate-desires-for-progressive-academia-6y5sg • Wray B. [Internet]. The oft-overlooked psychological wounds of climate apartheid and climate colonialism. Gen Dread; 2021 [cited 2023Feb1]. Available from: https://gendread.substack.com/p/the-oft-overlooked-psychological?r=gctou&utm_campaign=post&utm_medium=email&utm_source=twitter • Ray SJ. Climate Anxiety is an Overwhelmingly White Phenomenon [Internet]. Scientific American. Scientific American; 2021 [cited 2023Feb1]. Available from: https://www.scientificamerican.com/article/the-unbearable-whiteness-of-climate-anxiety/ • Trauma & Decolonizing Mental Health with Angelica [Internet]. Spotify. Destigmatized; 2020 [cited 2023Feb1]. Available from: https://open.spotify.com/episode/2ycheeQJ3HSQ70dG0gl76S?si=7h0ZA-b3QMyeEycOnH5JUA • TEDxTalks. Decolonizing Substance Use & Addiction Len Pierre TEDxSFU [Internet]. YouTube. YouTube; 2020 [cited 2023Feb1]. Available from: https://www.youtube.com/watch?v=j95ayhyadNE • Khan FN. As a Desi woman, demanding justice and cultivating joy are in my roots [Internet]. Medium. Medium; 2021 [cited 2023Feb1]. Available

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	from: https://farrah-khan.medium.com/as-a-desi-woman-demanding-justice-and-cultivating-joy-are-in-my-roots-41731f03ad6f
Climate Joy	- Nicole Kelner [Internet]. nicolekelner. [cited 2023Feb1]. Available from: https://nicolekelner.com/ - Circularity Community. [cited 2023Feb1]. Available from: https://circularitycommunity.com/
Climate Wellbeing	- Wise M. Climate Doom to Messy Hope: Climate Healing & Resilience: A Practical Handbook for Climate Educators and Community [Internet]. UBC Climate Hub . UBC Climate Hub; 2022 [cited 2023Feb2]. Available from: https://ubccclimatehub.ca/wp-content/uploads/2022/09/Climate-Doom-to-Messy-Hope-Handbook.pdf - Wise M. Climate Wellbeing Resource Kit [Internet]. UBC Climate Hub. UBC Climate Hub ; 2022 [cited 2023Feb2]. Available from: https://ubccclimatehub.ca/wp-content/uploads/2022/08/Climate-Wellbeing-Resource-Kit.pdf
Connecting to Nature	- AllTrails: Trail Guides & Maps for hiking, camping, and running [Internet]. AllTrails.com. [cited 2023Feb1]. Available from: https://www.alltrails.com/ - Shake Up The Establishment. Ep 2: connections with nature [Internet]. Shake Up The Establishment. Shake Up The Establishment; 2021 [cited 2023Feb1]. Available from: https://www.shakeuptheestab.org/podcast/episode/fe08a9f5/ep-2-connections-with-nature - iNaturalist [Internet]. iNaturalist. [cited 2023Feb1]. Available from: https://www.inaturalist.org/
Health Impacts of Climate Change	- UBC Medical Students for Climate Action. 2022 [cited 2023Feb1]. Available from: https://www.ubcmedicalstudentsforclimateaction.com/ - Shake Up The Establishment. Climate [Internet]. Shake Up The Establishment. Shake Up The Establishment; [cited 2023Feb1]. Available from: https://www.shakeuptheestab.org/climate

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Workshop Youth Assignment/Project Overview

The Workshop Youth Assignment/Project Overview is referring to a call to action or practical exercise that comes out of each workshop. The purpose of a specific assignment is to ensure we are providing youth with tangible ways to become better allies. **Our assignment is an extension of our 30 minute workshop and is to be done as “homework” by youth participants.**

Assignment: *Foraging Connections with Nature*

Background

One vital way to manage your health and wellbeing in the face of the climate crisis is through rest and connection with nature. Time outdoors has been shown to provide many benefits to our health and wellbeing, including reducing stress by regulating the parasympathetic nervous system. Using mindful grounding techniques to connect with our outdoor surroundings, we can reduce eco-anxiety and burnout, making us more resilient and hopeful for a climate-just future.

You will need:

- Access to an outdoor space (i.e. park, forest, yard)
- A notebook
- A writing utensil
- A picture taking device

Accessibility Notice

This activity requires access to the outdoors and interactions with nature that may be difficult for people with audial, visual and mobility impairments. Each prompt can be adapted or skipped based on your accessibility needs. Examples of adaptations include but are not limited to, recording reflections through voice notes instead of writing, using alternative senses (for example movement could be detected through audible cues instead of visual ones), or creative visualization.

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Directions

Find an accessible outdoor space where you can roam around for approximately 30–60 minutes. In no particular order, work through the following prompts and record your thoughts and observations in your notebook.

Look

Stand perfectly still in place. Look around you and notice any signs of movement you observe. Can you identify the source of movement? Do you notice more movements the longer you stay in place? Record these thoughts.

Choose two colours that you can see. Describe them in vivid detail.

Listen

Close your eyes and listen to the sounds around you. Make note of what you hear. Pick a sound and describe it – Is it loud or quiet? Is it dull or piercing? Is it repetitive or inconsistent?

Smell

What does it smell like where you are? Describe or identify at least three smells.

Feel

Be still for a moment and notice the breeze around you. Is the air calm or windy? Is it warm or chilled? Does it feel moist or dry? How does your skin feel and react to any gusts you experience? Record your responses in your notebook.

Find an area where the sun and shade meet. Standing in the shade, think about the feeling of coolness on your skin from the shaded air. Step into the sun. Standing in the sun, think about the feeling of the warmth on your skin from the sunny air. Record these feelings.

Connect both of your feet solidly to the ground, if possible. Feel the sturdiness of the ground beneath you. Imagine you're trying to push the ground away from you as you root your feet more firmly into the ground. Reflect in your notebook on how it feels to be connected to the earth, experiencing its gravitational pull.

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Collect

While you explore your outdoor environment, collect small tokens of nature to stick to the pages of your notebook along with your reflections. These may be leaves, moss, feathers, or streaks of soil and more. (Caution: beware of noxious species)

Create

Choose one of the following drawing prompts:

- A) Sketch a portrait of the landscape in front of you
- B) Express the way you feel right now through drawing
- C) Draw what the landscape in front of you might look like if humans, animals and plants coexisted in a healthy and sustainable way

Learn

Do you know the names of the Indigenous territories that you are currently exploring? If not, visit native-land.ca to learn more.

Final Reflection

After spending this time in nature working through the prompts, write or draw responses to the following reflection questions:

1. How did you feel when you were interacting with nature through the prompts? Which prompts did you enjoy the most?
2. Did you notice any changes in your mood following the activity? Did these persist throughout the day?
3. How can you apply what you learned in this activity to situations when you're feeling overwhelmed or anxious? Create a quick (30 sec to 1 min) mindfulness routine for yourself (for example, connecting your feet solidly to the floor to feel the sturdy earth supporting you or taking inventory of three things you can see, 2 things you can hear and 1 thing you can smell).
4. Consider what privileges and limitations you have in your access to nature (for example, are you able to easily walk around outside, are there natural spaces close to your home, are they free to access?). Consider how some people may experience other limitations in their access to nature. Thinking about the outdoor space you completed the activity in, what changes could be made to improve access?