WHAT IS CLIMATE DISTRESS & HOW CAN PARENTS SUPPORT THEIR CHILDREN?

## A BOOK FOR PARENTS

ADDRESSING CLIMATE DISTRESS AND OTHER CLIMATE EMOTIONS

# ABOUT THE BOOK

With the effects of climate change projected to increase in frequency and intensity, it is critical that families and communities feel prepared to face the challenges associated with experiencing extreme weather with resiliency.

It is important to recognize that there are some sectors of society that are **more vulnerable** to the effects of climate change. For example, climate change is especially felt by children and youth who are more vulnerable to its impacts both physically and psychologically. Therefore, parents have a critical role to play in supporting their children navigate the challenges associated with surviving an extreme weather event or growing up during a climate change crisis.

Because no one is untouched by climate change, parents should know that they are not alone in taking on this difficult task. Parents are encouraged to create meaningful connections with other parents in their community and to rely on each other and local resources at their disposal for support.

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# TABLE OF **CONTENTS**

- Extreme Weather Events
- Storms

1

2

6

- Floods
- 9 Wildfires
- 13 Collective Trauma
- 15 Climate Emotions
- 18 If Your Child is Struggling
- 20 Supporting Your Children
- 25 Active-empathic Listening
- 27 Positive Emotions
- 28 Coping Styles
- **30** Self-Transformation
- 34 Resources

# EXTREME WEATHER EVENTS

Extreme weather events (EWE) refer to instances of exceptionally severe weather or climate conditions that have the potential to inflict harm on communities as well as ecosystems. These events can encompass both rapid and intense weather anomalies and more prolonged climate-related disruptions.

#### Some examples of Extreme Events:

Heatwaves	An extended period of excessively hot weather, often accompanied by high humidity, that can have adverse effects on health and ecosystems.	
Cold Snaps	A sudden and brief period of exceptionally cold weather following a rapid drop in temperatures, often leading to frost and potential hazards.	
Tropical Cyclones	A rapidly rotating storm system characterized by a low-pressure center, strong winds, and thunderstorms, known as hurricanes or typhoons in different regions.	
Droughts	A prolonged period of below-average precipitation that results in water scarcity and negatively impacts agriculture, water supplies, and ecosystems.	
Flooding	The overflow of water onto normally dry land, often caused by heavy rainfall, melting snow, or the rapid accumulation of water, leading to potential damage and displacement.	
Wildfires	An uncontrolled fire that rapidly spreads through vegetation, often fueled by dry conditions, high temperatures, and wind, causing damage to landscapes and property.	

#### WHAT ARE STORMS?

We've all experienced storms at some point, but defining what a storm is can be a bit tricky. That's because the term 'storm' is a broad word used to describe many different types of weather disturbances. These disturbances share common features like low barometric pressure, clouds, rain or snow, strong winds, and sometimes lightning and thunder. In Canada, severe storms can happen in every region and during any season.

But it's important to note that not all storms are the same. Some bring a mix of different types of precipitation, while others come with thick layers of clouds, reduced visibility, high winds, and other potential dangers.

#### TYPES OF STORMS



#### TORNADOES

Tornadoes are born from powerful thunderstorms, and they look like swirling funnel-shaped clouds. They stretch from the storm down to the ground and have incredibly strong winds. On average, these winds move at about 30 miles per hour, but they can range from being completely still to as fast as 70 miles per hour.

Tornadoes can strike very suddenly, often without much warning. People in affected areas might have only a short amount of time to find shelter.

#### TYPES OF STORMS



### DUST STORM

Dust storms are large, fast-moving clouds of dust that sweep across dry or semi-dry regions. They're created when strong winds or gusts, often associated with thunderstorms or cold fronts, pick up sand and dust from the ground. These storms can lift enormous amounts of sand and dust, leaving behind layers of sediment that can be hundreds of meters tall. These massive clouds of dust can be really harmful to people. Inhaling this dust can lead to a serious and potentially deadly lung condition called silicosis.

### ICE STORM

An ice storm is a specific type of winter storm characterized by widespread freezing rain, which leads to the accumulation of at least 0.25 inches (6.4 mm) of ice. Freezing rain coats everything in its path with a thick layer of ice, including roads, telephone poles, and trees. This heavy ice layer can have serious consequences, such as toppling trees, bringing down electrical poles, and causing significant car accidents. As a result, driving during an ice storm is extremely perilous, and homes may experience power outages that can last for days or even weeks.



#### TYPES OF STORMS



### BLIZZARDS

A blizzard is a severe winter storm characterized by winds of 40 km/h or more, which cause widespread visibility reductions to 400 meters or less. This happens due to blowing snow or a combination of falling snow and blowing snow, and it must persist for at least four hours to be classified as a blizzard. The most significant danger they pose is the risk of exposure to the harsh elements, especially because the high winds and cold temperatures can lead to hypothermia.

### HAIL STORM

Hail is frozen precipitation that develops inside thunderstorms because of strong upward wind currents. Ice pellets will form in a cumulonimbus cloud with a strong updraft and eventually they will fall to the ground. Hailstones come in various sizes, ranging from as small as peas to as large as grapefruits. Hailstorms are most common between May and October. The main risk associated with hail is the potential for injury or significant damage to property.



#### TYPES OF STORMS



### WIND STORM

A windstorm is essentially a major storm characterized by strong winds. What sets it apart from other types of windy storms is that windstorms typically don't bring a lot of precipitation, like heavy rain or snow.

These powerful winds in a windstorm can result in property damage and turn any loose objects into potentially dangerous projectiles. This can make traveling unsafe, especially when it comes to safely controlling your vehicle on the road.

#### TROPICAL CYCLONES

Also known as hurricanes, tropical cyclones are among the most powerful storms on Earth. These storms are defined as rapidly rotating storms with a strong low-pressure center that originates over warm tropical waters.

One of the major dangers associated with tropical cyclones is their high winds, which can cause significant damage. However, often the most significant hazards come from the storm surge, heavy rainfall, and resulting flooding that these storms bring with them.



# FLOODS



#### WHAT ARE FLOODS?

Flooding happens when water overflows onto usually dry land. It can happen really fast or slowly over a long time, and it might last for days, weeks, or even longer. Floods are the second most common natural disaster on our planet, right after wildfires.

Almost everywhere on Earth, people need to think about flooding. Usually, floods take some hours or even days to happen, so people have time to get ready or leave their homes if they need to. But sometimes, floods can happen suddenly and without much warning.



Flash floods occur when there's heavy rain, and they can happen quickly. Flash floods can turn a small, quiet stream into a big, powerful wall of water that carries away everything in its path.





Riverine Floods are the most common type. They occur when rivers or streams get too full and spill over onto the land around them. The land around a river is called a floodplain.

Coastal flooding occurs when a big storm or a tsunami pushes the sea water onto the land. When this happens, the sea level rises, and we call it a 'storm surge.' A storm surge is a type of coastal flood.

# FLOODS



#### HOW DO FLOODS START?

Floods can occur due to heavy rains, ocean waves reaching the land, rapid snowmelt, or the breaking of dams and levees. Flooding is a natural part of the Earth's water cycle, and the environment is adapted to handle occasional floods.

However, floods can also be destructive to the environment, especially in areas that frequently experience flooding or those that haven't seen floods for a long time. In the first case, the environment doesn't have time to recover between floods, and in the second case, it may struggle to cope with unexpected flood conditions.

#### RISK OF FLOODS



#### DENSELY POPULATED AREAS

In densely populated areas, the risk of flash floods is higher. This is because the construction of buildings, highways, driveways, and parking lots reduces the ground's ability to absorb rainwater. As a result, more rainwater runs off quickly, increasing the potential for flash floods.



#### AREAS NEAR RIVERS

Areas close to rivers are vulnerable to floods. To protect these areas, levees are built along the riverbanks to keep rising water from spilling onto nearby land. However, if dams break or fail, they can release a sudden and powerful rush of water downstream, causing significant damage.



#### MOUNTAIN AREAS

Mountainous and hilly areas tend to have fast-flowing runoff, causing streams to rise rapidly. This is because the rocky terrain and shallow, clay-rich soils don't absorb much water. When the ground becomes saturated with water, it can lead to sudden flash floods.

# FLOODS

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#### EFFECTS OF FLOODS

After a flood, the affected areas are often covered in silt and mud. Floods can be incredibly destructive, even if there's just a few inches of water. They can submerge houses up to their rooftops. When a river or the sea spills over its normal boundaries, many things can't withstand the powerful force of the water. It can sweep away bridges, houses, trees, and even cars. Floods can also wash away the soil beneath a building's foundation, causing it to crack and collapse



But the damage doesn't stop when the floodwater goes away. The water and the land can become contaminated with dangerous materials like sharp debris, pesticides, fuel, and sewage that hasn't been treated. Harmful mold can quickly take over buildings soaked in water.

As floodwater spreads, it can bring diseases with it. People affected by floods might not have clean water to drink or use for hygiene for weeks. This can lead to outbreaks of deadly diseases like typhoid, malaria, hepatitis A, and cholera.



Flooding can cause significant mental health challenges as people are uprooted from their homes and communities. Access to healthcare may be compromised, family routines disrupted, children's education and social lives interrupted, parents facing financial hardships, and continuous media coverage of the flood can be distressing.





#### WHAT ARE WILDFIRES?

Wildfires typically start off small and initially can go unnoticed, but they have the ability to spread rapidly. As they move across large areas, they set fire to plants, trees, homes, and structures. Pieces of burning debris can be carried by the wind and thrown up to two kilometers ahead of the advancing fire.

These fires can occur in various types of environments, including forests, grasslands, and other ecosystems. Some fires begin underground in soil that's rich in organic material, which provides fuel for the flames, often utilizing plant roots. These fires can smolder for long periods, sometimes lasting an entire season, until conditions allow them to grow into surface fires or even more intense crown fires.



Surface fires burn through dried-out or dead vegetation that's close to the ground, like dry grass or fallen leaves. These materials serve as the fuel that keeps these fires going.



Crown fires are the most intense type; they burn through the upper parts of trees and shrubs, including leaves and branches.





#### WHAT STARTS WILDFIRES?

The convergence of three key components—fuel, oxygen, and a heat source—is imperative for a wildfire to take shape.



These fires can stem from natural occurrences like lightning strikes or human-induced sparks. Yet, the magnitude of a wildfire's expansion is frequently shaped by prevalent weather conditions. Elements such as wind, elevated temperatures, and limited precipitation can result in the dehydration of trees, shrubs, fallen leaves, and branches, rendering them exceptionally receptive to serving as fire fuel.

Moreover, the terrain plays a role in the fire's dynamics, as flames tend to spread more rapidly uphill compared to downhill.







#### BENEFITS OF WILDFIRES

While wildfires can pose dangers to communities, they play a pivotal role in sustaining certain plant species' existence. For instance, specific tree cones necessitate heat to trigger their opening and the subsequent release of seeds. Similarly, chaparral plants rely on fire to initiate seed germination. These plants' leaves contain a resin that ignites, fueling fires and aiding in the propagation of the species. Such plants have evolved to depend on wildfires as a vital part of their regular life cycle. Some species require fires every few years, while others rely on fire only a few times per century to ensure their survival.



Moreover, wildfires contribute to the vitality of ecosystems. They can eliminate insects and diseases that harm trees, thereby fostering the health of the ecosystem. Through the clearance of scrub and underbrush, fires pave the way for the growth of new grasses, herbs, and shrubs, which in turn offer food and habitat for animals and birds.



At lower intensities, flames serve to cleanse the forest floor of debris and undergrowth, infuse nutrients into the soil, and create openings that permit sunlight to reach the ground. This sunlight becomes a source of nourishment for smaller plants and creates space for larger trees to mature and thrive.





Globally, the impact of wildfire smoke extends beyond physical damage. An astonishing 339,000 people lose their lives annually due to the effects of wildfire smoke, particularly prevalent in regions like Asia and sub-Saharan Africa.

Such smoke increases asthma attacks, prompts emergency room visits, and leads to hospital admissions, especially when it blankets inhabited areas.





This is especially common in places like the western United States, where fires can create layers of stagnant air, known as inversions, which trap smoke and pollutants at breathing levels.

Experiencing a wildfire or other extreme weather events (EWE) can be traumatic not only for children and their families, but the whole community at large.





Experiencing EWE can be traumatic not only for children and their families, but the whole community at large. When a traumatic event touches the lives of many people, it is often referred to as collective trauma.



When a community experiences a collective trauma, individuals within the community may feel the psychological distress associated with having endured an event that threatened their safety, cohesion, livelihood, or wellbeing. For example, collective trauma may occur when communities, societies, or even entire populations have been exposed to situations such as natural disasters, wars, genocides, or terrorist attacks.



# WHAT IS COLLECTIVE TRAUMA?

When it comes to climate change, collective trauma not only refers to what happens after communities survive an EWE, such as a wildfire or a flood, but it also refers to the psychological and emotional toll that the ongoing and projected impacts of climate change can have on individuals, communities, and societies.



It is important to recognize that people can be exposed to trauma vicariously, where they experience distress and emotional responses indirectly through exposure to media coverage or stories of others' experiences.



# WHAT IS CLIMATE DISTRESS?



Climate distress is a psychological response to the growing concerns about environmental issues, such as climate change, pollution, and the loss of biodiversity. People who experience climate distress may experience anxiety, feel overwhelmed, helpless, and disoriented by the magnitude of these problems and the potential impacts they may have on the future of the planet and human society.

You may have heard the term eco-anxiety. Eco-anxiety and climate distress are sometimes used interchangeably, however the consensus is that anxiety is only one dimension of the complex emotionals that we may experience when faced with climate change.

#### It is important to remember that not everyone experiences climate distress or eco-anxiety... even if they are concerned about climate change.

Here are some examples of situations that may trigger climate distress or eco-anxiety in your children:

- Watching news reports about natural disasters such as wildfires, hurricanes, or floods and linking their cause to climate change.
- Seeing images of plastic pollution in the oceans or witnessing the destruction of natural habitats due to deforestation.



- Experiencing extreme weather events such as droughts, heatwaves, or storms that are becoming more frequent and recognizing that they may due to climate change.
- Hearing about the negative health effects of air pollution and water contamination caused by human activities.
- Feeling like individual actions to mitigate environmental problems are not enough to make a significant impact on a global scale.
- Feeling overwhelmed by the complexity and scale of the problem, and feeling helpless to effect change.





These are just a few examples, but there are many more situations that can trigger climate distress and eco-anxiety.

Anxiety caused by climate change reflects a real and valid concern, and given the gravity of the climate change crisis, it is also expected.



At the same time, when climate related anxiety and distress is not addressed with effective coping strategies it has the potential to become a mental health concern and support from mental health professionals or environmental organizations can be helpful in managing these feelings.

# ÖTHER CLIMATE EMOTIONS



Anxiety is not the only emotion we feel in response to climate change. In fact, there are many different climate emotions that can range from positive feelings like hope and inspiration to negative emotions like fear and despair.

#### Some examples of climate emotions:

**Hope** Feeling optimistic about the future and the potential for positive change in response to climate change. For example, feeling inspired by the growth of renewable energy technology or the actions of environmental activists.

**Anger** Feeling frustrated or outraged by the lack of action on climate change by governments, corporations, or individuals. For example, feeling angry about the continued use of fossil fuels despite the known risks to the environment.

Feeling anxious or afraid about the potential impacts of climate change on the environment and society. For example, feeling afraid of the increased frequency and severity of extreme weather events.

- **Grief** Feeling sadness or mourning for the loss of species and ecosystems due to climate change. For example, feeling grief for the loss of coral reefs or the decline in polar bear populations.
- Guilt

Feeling a sense of responsibility or guilt for contributing to climate change through personal actions or lifestyle choices. For example, feeling guilty for using a car instead of public transportation or for consuming meat products.

Despair

Feeling overwhelmed or hopeless about the scale of the problem and the lack of action to address climate change. For example, feeling despair about the slow progress in reducing greenhouse gas emissions.

# HOW DO I **KNOW IF MY CHILD IS SUFFERING?**

It is expected that individuals, regardless of their age, will experience distress after surviving an extreme weather event. Immediately after the event and for a period that can last up to a few months, such distress may manifest in one or more of the following ways:



Intense sadness, grief, or feelings of loss



Anxiety, worry, or fear related to the future and ongoing threats



Helplessness, powerlessness, or a sense of futility



Difficulty concentrating or making decisions



Sleep disturbances, including insomnia or nightmares



Changes in appetite, including overeating or loss of appetite



Increased substance use (alcohol, drugs) as a way to cope



Increased physical symptoms such as headaches, stomachaches, or muscle tension



Heightened stress reactions, including a racing heart or rapid breathing

# HOW DO I KNOW IF MY CHILD IS SUFFERING?



Family and community dynamics may also be temporarily affected because of the event



Increased conflicts within families, relationships, or communities



Isolation or withdrawal from social activities



Changes in social roles or community dynamics due to loss or displacement



Feeling unsafe or a lack of security within the community



Loss of trust in institutions, governments, or systems responsible for responding to the trauma



Cultural practices, traditions, or values may be affected or disrupted



Loss of a sense of identity and belonging due to changes in the community or environment



Loss of meaning or purpose, particularly if the trauma challenges fundamental beliefs or values



Constant rumination or intrusive thoughts about the traumatic event or stressor

Did you know that you have an obligation to protect and advocate for your children's rights? Here is how you do it and why it is important for recovering from exposure to a weather related event.



Parents play a critical role in ensuring their children's safety, well-being, and rights are upheld during the recovery process following a wildfire, or any other EWE. Here are some important things parents should know about recovering from wildfires while considering their children's rights:



#### PRIORITIZE SAFETY AND WELL-BEING

Your children's safety and well-being should be the top priority. Ensure they have access to safe drinking water, food, shelter, and appropriate healthcare.



#### CHILDREN'S RIGHT TO PROTECTION

Be vigilant about protecting your children from potential dangers, including hazards in the environment, strangers, and exploitative situations.



#### EMOTIONAL SUPPORT AND COMMUNICATION

Children may experience fear, anxiety, and trauma after a wildfire. Encourage open communication and provide emotional support (more about this later). Let them know that it's okay to express their feelings.



#### CHILDREN'S RIGHT TO EDUCATION

Advocate for your children's right to education. If schools are affected, work with authorities to establish alternative learning arrangements and ensure your children's educational needs are met. Returning your children to school as soon as possible should be a priority.



#### **RE-ESTABLISH ROUTINE**

As much as possible, re-establish routines and a sense of normalcy for your children. Predictable routines can provide a sense of security.



#### TAKE CARE OF YOURSELF

Your well-being is important too. Taking care of yourself emotionally and physically will enable you to better support your children through the recovery process.



#### PSYCHOSOCIAL WELL-BEING

Pay attention to your children's emotional needs. If you notice signs of distress or behavioural changes, consider seeking professional help, such as counselling or therapy.



#### INVOLVE CHILDREN IN DECISION-MAKING

Whenever appropriate, and regardless of their age, involve your children in decisions that affect them and their family. This empowers them and helps them feel a sense of control during a challenging time.



#### CHILDREN'S RIGHT TO PLAY AND LEISURE

It may seem counterintuitive, but being able to enjoy ourselves even during a crisis is very important. Take the time to play with your children and create opportunities for them to play with other children or engage in age-appropriate recreational activities. Play is crucial for their emotional and cognitive development, and it can also be a coping mechanism. Meaningful video games that offer enriching experiences can also be important outlets for your children at times of crisis. Limit their screen time and avoid using digital sources of entertainment as substitutes for childcare.



#### STAY INFORMED

Stay informed about recovery efforts, available support services, and resources in your community. This knowledge will help you access the assistance your family needs.



#### ADVOCATE FOR CHILDREN'S RIGHTS:

Familiarize yourself with the rights outlined in the United Nations Convention on the Rights of the Child (CRC). Advocate for your children's rights and ensure that their needs are addressed.



#### CONNECT WITH SUPPORT NETWORKS

Reach out to local community organizations, support groups, and government agencies that can provide assistance and resources for your family's recovery.



#### CULTURAL SENSITIVITY

Consider the cultural and individual needs of your children while seeking support and assistance. Respect their background and traditions.



#### LONG-TERM PLANNING

Keep in mind the long-term effects of the wildfire on your family. Consider how recovery efforts may impact your children's development, education, and overall well-being over time.

# HOW TO SUPPORT CHILDREN THROUGH CLIMATE DISTRESS

With the proper help and support, these impacts will dissipate over time. In some cases, however, some individuals may develop long-term problems that may require further attention. It is therefore important that parent remain vigilant of their children's behaviours and create a safe environment where children can express themselves openly and share how they feel with their family members.

It is important to recognize that the emotions your children feel are valid and understandable given the magnitude of the issue.



# ACTIVE EMPATHIC LISTENING

Sometimes, children may feel that their day-to-day functioning is compromised because of the intensity and pervasiveness of these emotions. Parents can help their children by being

### ACTIVE & EMPATHIC LISTENERS



and, when appropriate, connecting them with mental health professionals or environmental organizations can be helpful in managing these feelings.



# HOW TO BE AN ACTIVE EMPATHIC LISTENER

Active-empathic listening happens when we give children our full attention, we respond with warmth and compassion and we make them feel safe.

#### 'listening' is a process that can take place even in the absence of spoken language

It is a multi-sensorial activity, involving empathy, memory, language processing, perception, and social skills.



Active-empathic listening involves listening in three stages:



# WHY ARE POSITIVE EMOTIONS IMPORTANT?

Even when we feel overwhelmed by negative climate emotions such as eco-anxiety, frustration or powerlessness, we still have the potential to experience positive feelings about the climate change crisis. Nurturing our capacity to experience positive climate emotions, such as hope and inspiration, is fundamental because positive emotions can motivate us to take climate action.

When we feel positive about the potential for change, we are more likely to engage in meaningful and sustainable actions that can help reduce greenhouse gas emissions and mitigate the impacts of climate change.



Positive climate emotions can also help to counteract negative emotions such as fear, despair, or guilt. These emotions can be overwhelming and lead to a sense of helplessness, making it difficult for people to take action. Additionally, positive climate emotions can help to build social connections and foster a sense of community around climate action, and this is key because when we come together to work towards a common goal, we can create a sense of belonging and purpose that can help us sustain motivation and engagement over time.

# UNDERSTAND COPING STYLES



#### PROBLEM-FOCUSED COPING

While using problem-focused coping, the goal is to attack the problem head on and look for ways to solve it. When considering the issue of climate change, these strategies primarily revolve around climate action and PEB.



#### EMOTION-FOCUSED COPING

In contrast, when using emotion-focused strategies, the goal is not to eliminate the stressor itself, but rather to alleviate the negative emotions associated with it. Within the context of climate change, these strategies primarily involve downplaying the significance of the issue, avoiding climate change-related media content, or consciously distancing oneself from the matter entirely.



#### MEANING-FOCUSED COPING

The essence of meaning-focused coping lies in finding meaning amidst tragedy and establishing a sense of purpose in the world. This coping style also involves fostering positive emotions and adopting perspectives that highlight one's ability to address environmental challenges, practicing mindfulness, and connecting with nature.



#### Problem-Focused

- climate action
- PEB
- activism

#### Meaning-Focused

- positive emotions
- mindfulnessconnecting with
- nature

#### Emotion-Focused

- de-emphasizing
- avoidance
- distancing

# UNDERSTAND COPING STYLES



#### PROBLEM-FOCUSED COPING

While problem-focused coping is linked to more climate action, relying solely on problem-focused strategies for an extended period can lead to poor youth mental health outcomes and may result in burnout and disengagement.



#### EMOTION-FOCUSED COPING

In contrast, when it comes to exclusive reliance on emotionfocused strategies, an opposite effect is observed. Solely using these strategies for eco-distress can actually lead to a temporary improvement in mental health outcomes for young people. Unfortunately, negative emotions are bound to come back when young people are confronted again with climate change, making this strategy ineffective in the long run. More importantly, these strategies do not typically elicit climate action.



#### MEANING-FOCUSED COPING

Fortunately, meaning-focused strategies for coping with climate change have demonstrated positive associations with

both climate action and mental health. By finding meaning in the face of the climate crisis, young people are more likely to sustain their commitment to environmental behaviour and experience positive wellbeing along the way.

Coping Style	Climate Action	Mental Health
PF	$\checkmark$	X
EF	×	$\checkmark$
MF	$\checkmark$	$\checkmark$

# START YOUR OWN JOURNEY OF SELF-TRANSFORMATION

To play influential roles in the lives of young people, we must first achieve resiliency within our own selves and become the change we want to see in our children.

A starting point is to gain clarity about the values, attitudes, and beliefs you hold about climate change and the barriers you face in engaging with meaningful and sustainable climate action.



The next pages consist of some suggestions on how you can get started in your own journey of self-transformation to better equip yourself for the achievement of your goals.



- Practice self-awareness through mindfulness or meditation. Ask yourself and be accepting of how you truly feel about climate change and what what may be limiting you to stay engaged with this issue
- Maintain or rekindle your connection with nature
- Make gratitude a staple of your daily routine



- Do something that brings you joy or makes you feel good at least once a day
- Learn to put yourself first...burning out won't help anyone
- Sit with your emotions and learn to live with them and put them to good use
- Be mindful of how your attitudes and beliefs about climate change may influence your actions in your private life and professionally
- Surround yourself with supportive and compassionate people who will truly listen to you, including like-minded colleagues
- Create opportunity for dialogue and conversation about what matters the most to you and keep an open mind to valuing different points of view



- Let go of the drive to want to 'do it all' and trust that others will be taking care of 'it'
- Learn to be patient and accept that you might not live to see the outcome of your work
- Practice future foresight to keep you motivated and grounded by envisioning a future you thrive for and being inspired by it

# IMPROVE YOUR SELF-EFFICACY



#### SET ACHIEVABLE GOALS

Start with small, achievable goals and gradually work your way up to bigger goals. This will help build confidence and a sense of accomplishment.



#### FOCUS ON STRENGTHS

Identify your strengths and build on them. This will help you feel more confident and competent.



#### PRACTICE POSITIVE SELF-TALK

Use positive affirmations and self-talk to reinforce your belief in your abilities. This can help you overcome self-doubt and negative self-talk.



#### SEEK FEEDBACK

Seek feedback from others, such as friends, mentors, or peers. This can help you identify areas where you are doing well and areas where you can improve.



#### LEARN NEW SKILLS

Continuously learning and developing new skills can help you feel more confident and capable.



# IMPROVE YOUR SELF-EFFICACY



#### TAKE RISKS

Step outside your comfort zone and take on new challenges. This can help you overcome fears and build confidence in your abilities.



#### VISUALIZE SUCCESS

Visualize yourself achieving your goals and succeeding in tasks. This can help build confidence and motivation.



#### CELEBRATE SUCCESSES

Celebrate your successes, no matter how small they may be. This can help reinforce your belief in your abilities and build momentum for future success.



#### SURROUND YOURSELF WITH POSITIVE INFLUENCES

Surround yourself with supportive people who believe in you and encourage you to pursue your goals.



#### KEEP A JOURNAL

Keep a journal to track your progress, celebrate successes, and reflect on areas where you can improve. This can help you stay motivated and focused on your goals.



# EXTRA RESOURCES

- 35 Support Services
- **36** Projects & Initiatives
- 37 Books

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**38** Resources for Children

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Professional Services



The Climate Psychology Alliance of North America offers a directory of registered online therapists with expertise in climate-related issues, providing professional support for those in need.

<u>https://www.climatepsychology.us/climate-therapists</u>



The Climate Psychiatry Alliance provides extensive information on the intersection of climate change and mental health, along with supplemental resources from experts in the field.

<u> Attps://www.climatepsychiatry.org/</u>

#### Support Communities



The Climate Psychology Alliance organizes accessible Climate Cafes, welcoming parents to engage in discussions about their emotions regarding the climate and ecological crisis.

<u>https://www.climatepsychologyalliance.org/</u>



Climate Awakening offers a platform for those profoundly impacted by the climate crisis to connect, express emotions, and develop communication skills for more impactful climate conversations.

<u>https://climateawakening.org/</u>



### **INITIATIVES & PROJECTS**



Good Grief Network







Mchi

Gen Dread



Project Insideout





Youth Climate Corps

<u>https://www.youthclimatecorps.com/</u>



# BOOKS • • •



#### Video Games



Examples:

- The Legend of Zelda: Breath of the Wild
- Alba: a Wildlife Adventure
- Animal Crossing

#### Books







Video games are valuable tools for

children's development, enhancing

problem-solving skills, critical thinking, and adaptability. Some games also connect children with nature, enabling them to explore and develop a deeper understanding of the environment.











