



Easing Our Climate Anxiety

We begin 2023 with a series called Easing Your Climate Anxiety, with the goal of supporting climate activists and others. We will cover subjects from wellness to plastics, from travel to art and writing. We aim to keep it simple and bite-sized. To launch this, we want to talk about our mental and physical health.

We hope that you will appreciate what we present. We welcome your feedback and seek your suggestions for future topics to help us all ease climate anxiety.

Protecting our Well-being

Feeling better in order to move forward through change together

We climate activists aren't all doctors or climate scientists, but we *are* reading and listening to a lot of science and trustworthy reporting about everything connected to the climate crisis.

Because climate truths can't really be "unlearned", they can sometimes make us feel down, unmotivated, and helpless. We hear you, and you are not alone. However, there are ways to feel better; we start with a few smaller ideas and actions:

1. Find ways to **calm your nerves**. Seek quiet. Simplify. Decide to take care of your well-being. Stop competing and start living.

In your free time, unplug and do things you love to do. Get out into nature as often as possible. Turn off your phone. Dance, do yoga, or go for a run. Get enough sleep. Laugh more. Eat simpler and buy food from your local farmers. Surround yourself with your favorite color.

Volunteer. Focus on helping others, not on yourself.

2. Join a group and talk truth. [Climate Awakening](#) is a brilliant place to start, offering online sharing and listening sessions.

Check out **Talk with Zach** <https://talkwithzachofficial.com>

Zach Gottlieb is the 16-year-old founder of Talk With Zach, a Gen Z movement and community that hosts important conversations to change the culture, inspire activism, and make the world a better place.

3. Simply take a climate action. Rather than get bogged down worrying about the climate, take a simple step and do something. Greta made a sign and ditched school to sit down all alone. Or take to picking up plastic bags or trash. Or build a local group by getting help through [FFF Action Network](#). Or write about a step you are taking and send it to the [FFF Calendar](#). The actions you can take, like the sky, are limitless.

RESOURCES

Feather photo [Javardh](#)

An article about Zach from Maria Shriver's *Sunday Paper*

<https://www.mariashriversundaypaper.com/seventeen-year-old-zach-gottlieb-is-on-a-mission-to-help-young-peoples-mental-health-heres-what-gen-z-wants-us-all-to-know/>

An article by the founder of Climate Awakening, Margaret Klein Salamon

<https://www.nytimes.com/2022/05/01/opinion/environment/climate-change-emergency-despair-activism.html?searchResultPosition=4>

The 7 Tenets of Carbon-Free Luxury, from the Climate Pledge Collective

<https://climatepledgecollective.org/2018/11/23/low-carbon-luxury/>

The people's yogi, Adriene Mishler

<https://yogawithadriene.com>

<https://www.theguardian.com/lifeandstyle/2018/sep/25/yoga-adriene-mishler-youtube-interview>