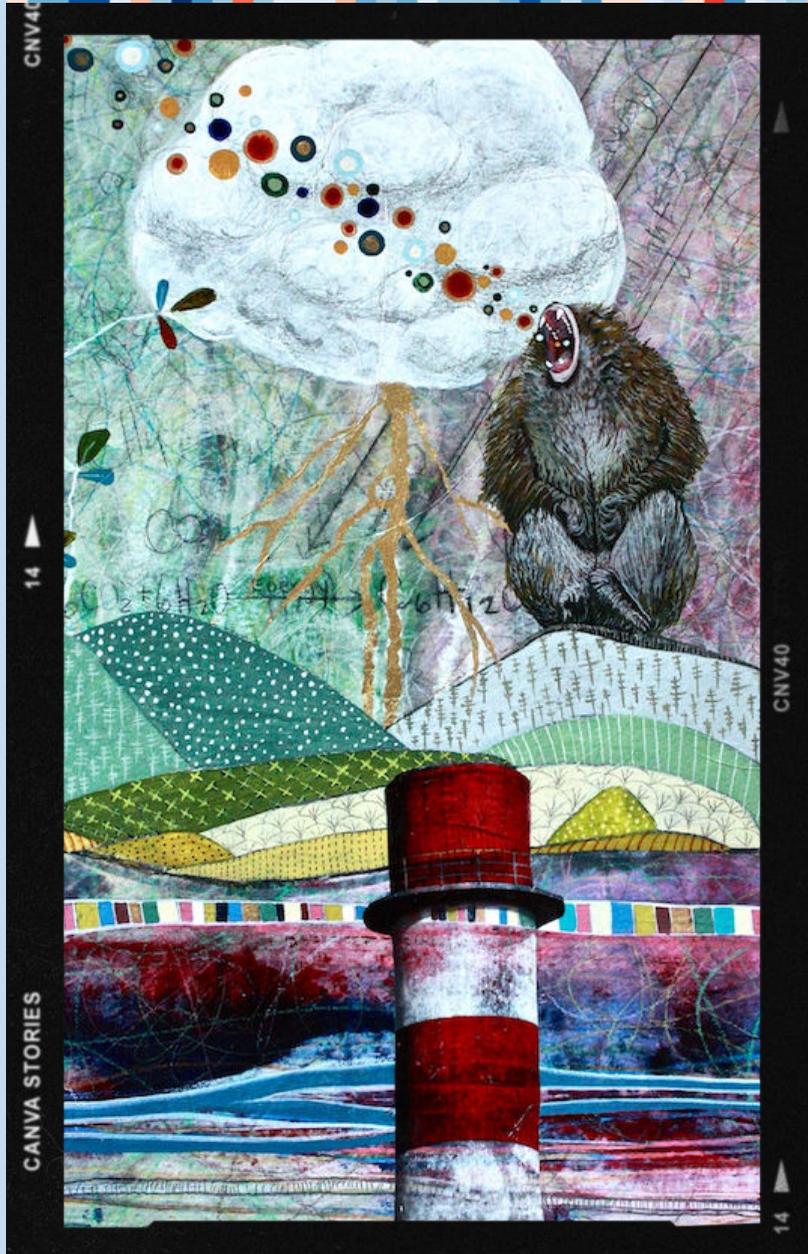


CLIMATE WELLBEING RESOURCE KIT



COVER ART BY MEGHAN WISE

A BIT ABOUT THIS RESOURCE

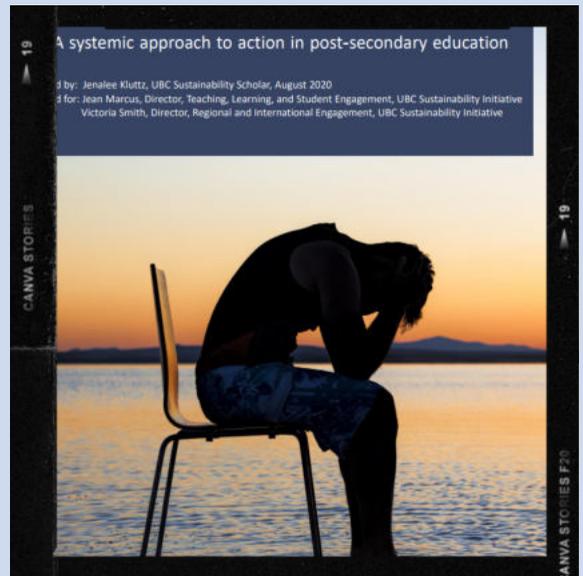
This toolkit was put together to help generate some easy access for people looking to connect with climate mental health and wellbeing resources, information, and strategies.

It is not professional advice, nor prescriptive. It is, however, rooted in love, care, and a desire to support climate mental health and wellbeing among individuals and communities.

It is not the beginning nor the end of what is out there on these important and ever-pressing issues. But hopefully, this resource might offer a touchpoint for those looking to explore, navigate and support themselves or others as we all navigate the many impacts of climate change.

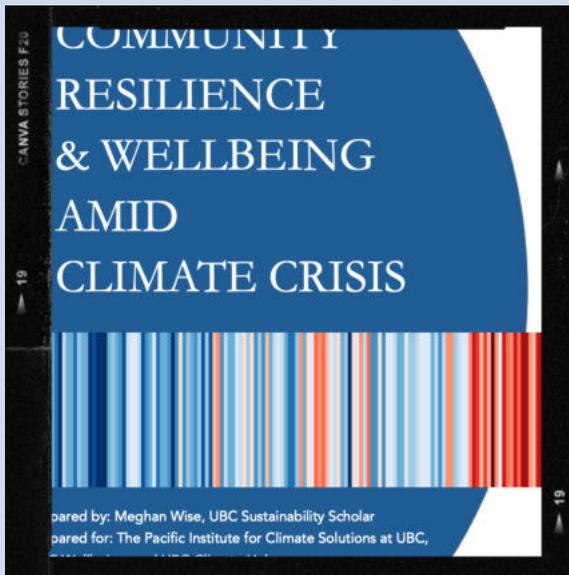


MENTAL HEALTH AND OUR CHANGING CLIMATE

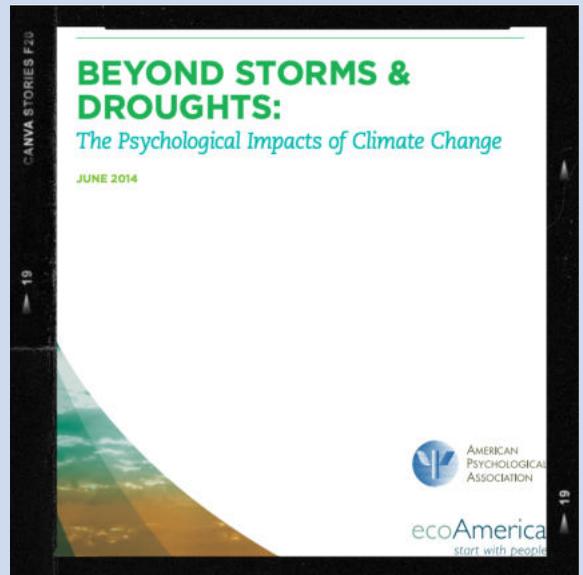


CLIMATE CHANGE AND MENTAL HEALTH

CLIMATE AND MENTAL HEALTH REPORTS

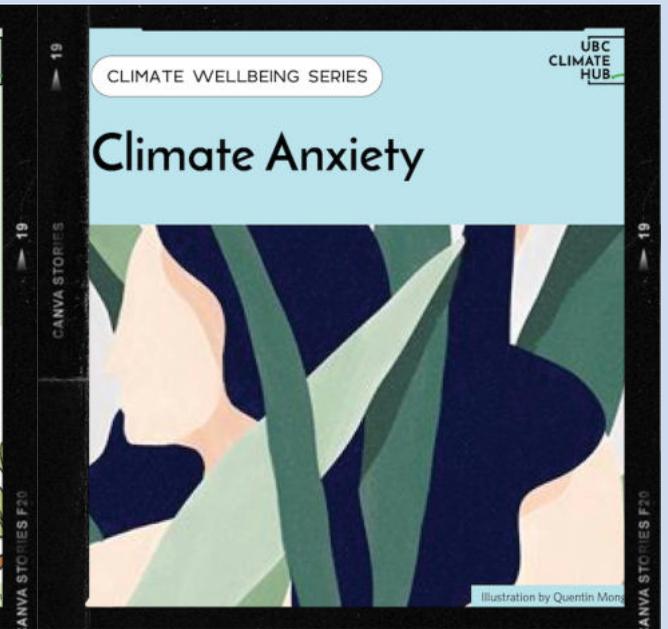
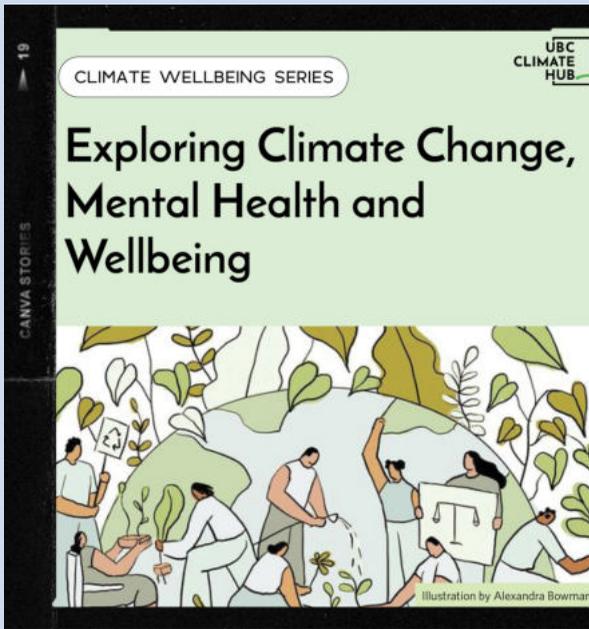


COMMUNITY RESILIENCE AND WELLBEING AMID CLIMATE CHANGE

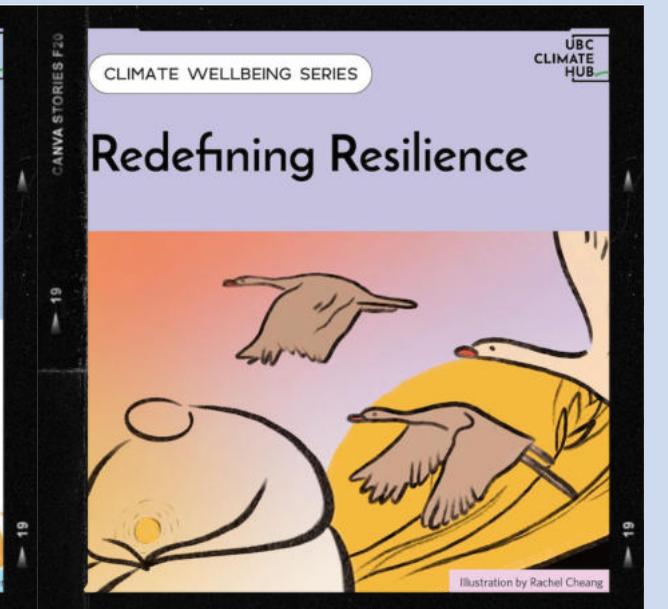
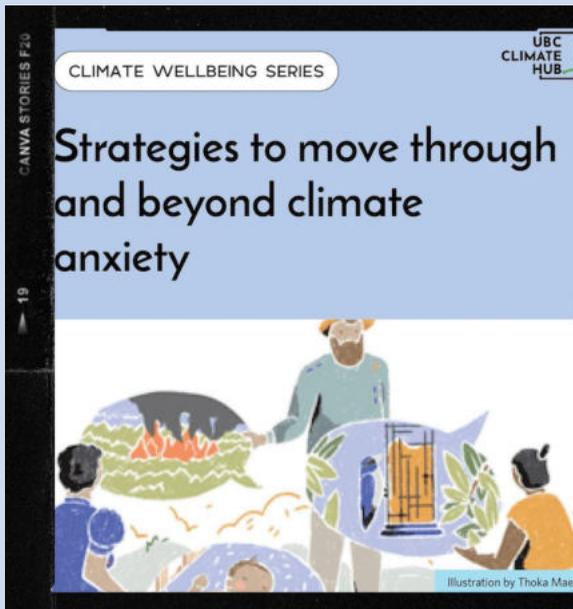


BEYOND STORMS AND DROUGHTS

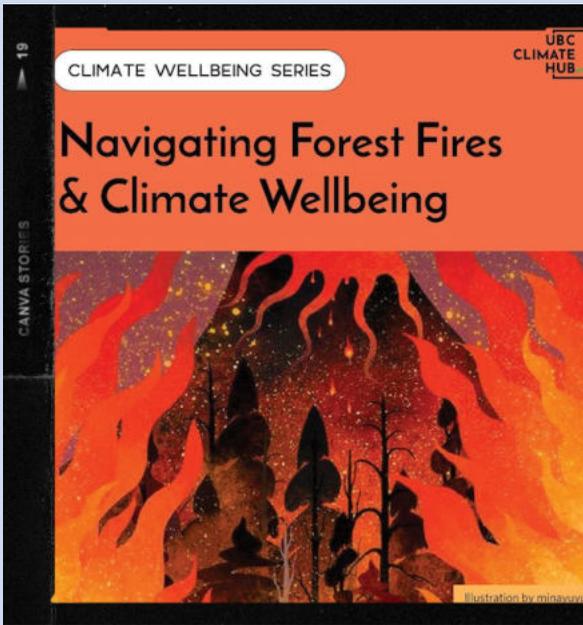
CLICK IMAGES TO CONNECT TO LINK TO SOURCE



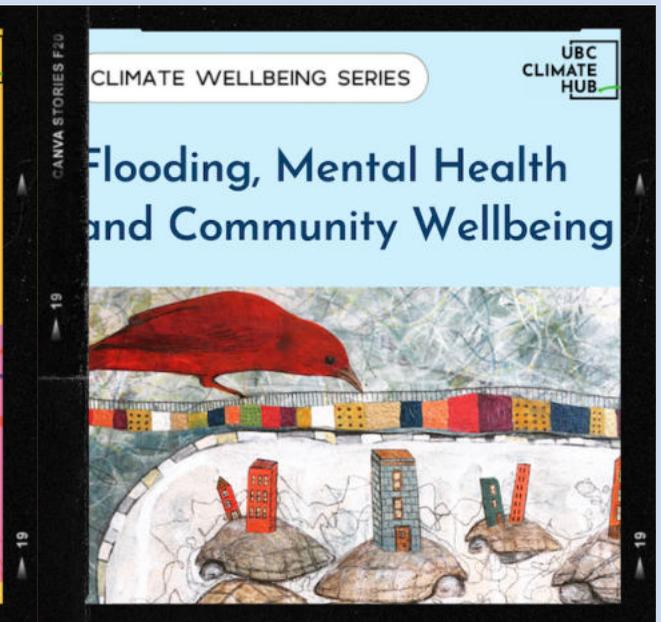
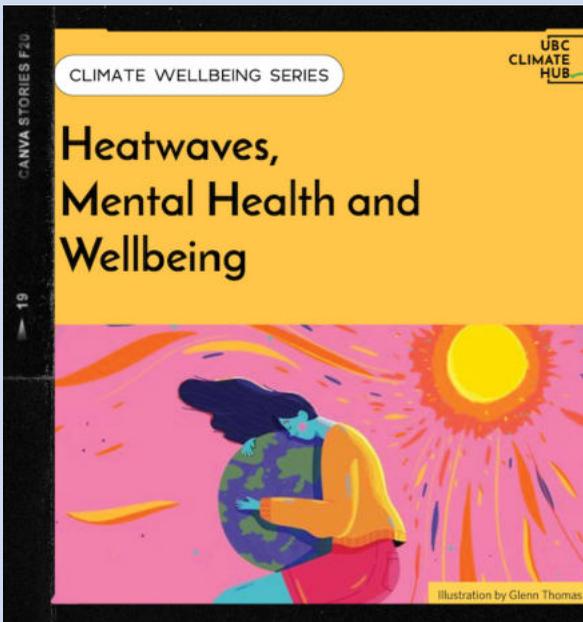
CLIMATE WELLBEING SERIES: EXPLORING & NAVIGATING CLIMATE IMPACTS & EMOTIONS



CLICK IMAGES TO CONNECT TO LINK TO SOURCE

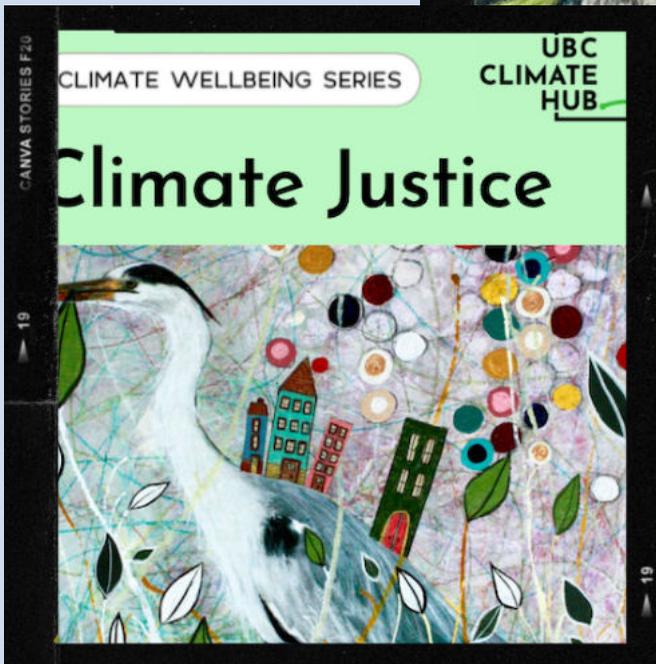
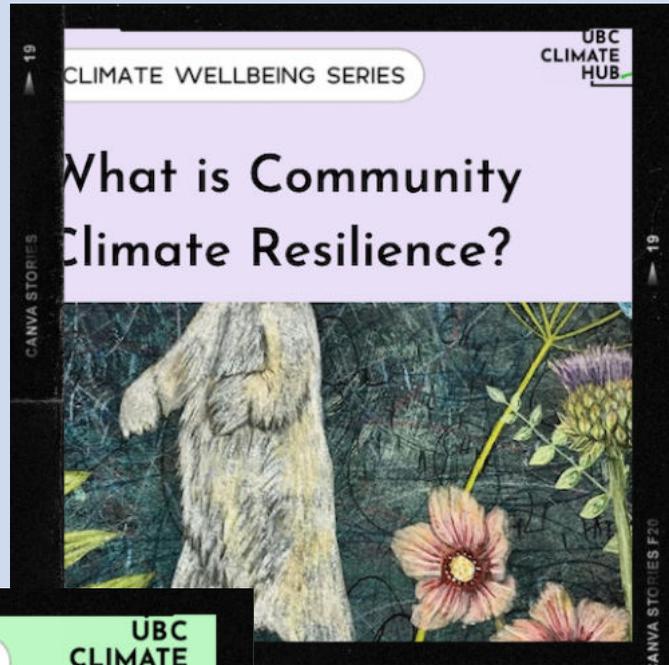


EXPLORING AND NAVIGATING CLIMATE IMPACTS & EMOTIONS



CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

UNDERSTANDING CLIMATE JUSTICE, RESILIENCE AND WELLBEING



CLICK IMAGES TO CONNECT TO LINK TO SOURCE

SOME ARTICLES ON CLIMATE, MENTAL HEALTH & WELLBEING



HOW TO CALM YOUR CLIMATE ANXIETY:

Between wildfires, heatwaves and hurricanes, we're all feeling nervous about the future. But stewing or ignoring the problem won't ease your burden."

CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

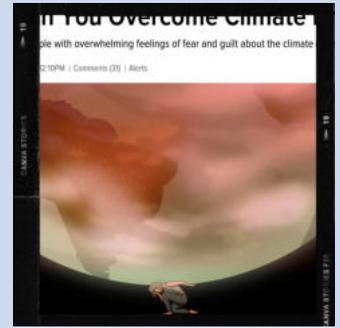
ARTICLES ON CLIMATE WELLBEING



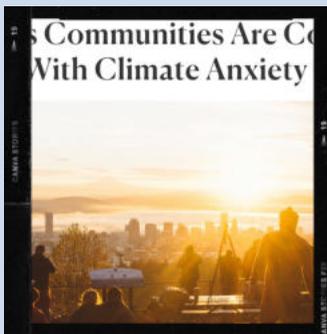
Climate disasters will strain our mental health system. It's time to adapt.



Anxiety and biscuits: the climate cafes popping up around the world



How Can You Overcome Climate Dread?



5 Ways Communities Are Coping With Climate Anxiety



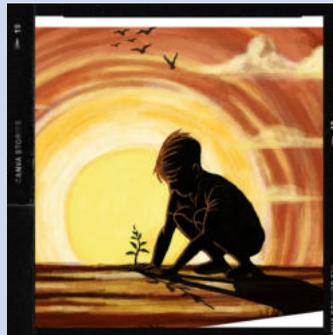
Climate anxiety doesn't have to ruin your life. Here's how to manage it.



Framing climate change as a human health issue: summary



How climate inaction is driving a mental health crisis in children



Reasons for Hope on Climate Change in 2021



Dare we hope? Here's my cautious case for climate optimism

CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

CLIMATE WELLBEING AND RACIAL JUSTICE

SCIENTIFIC AMERICAN:

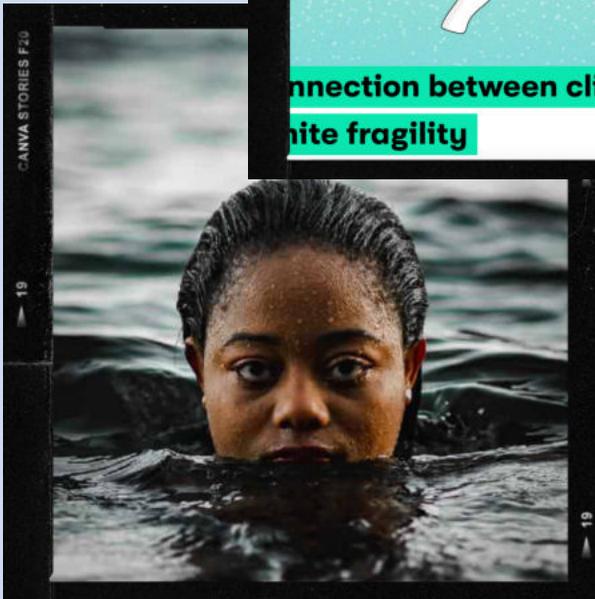
Climate Anxiety Is an Overwhelmingly White Phenomenon:

Is it really just code for white people wishing to hold onto their way of life or to get “back to normal?”



MIC:

The connection between climate anxiety and white fragility



ENVIRONMENT911

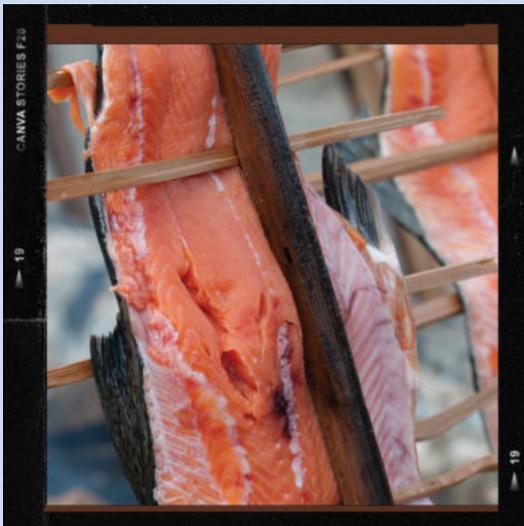
What Is Eco-anxiety and How It Affects Communities Differently

CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

CLIMATE CHANGE AND 2SLGBTQIA+



Why Climate Change is an LGBTQ+ Issue



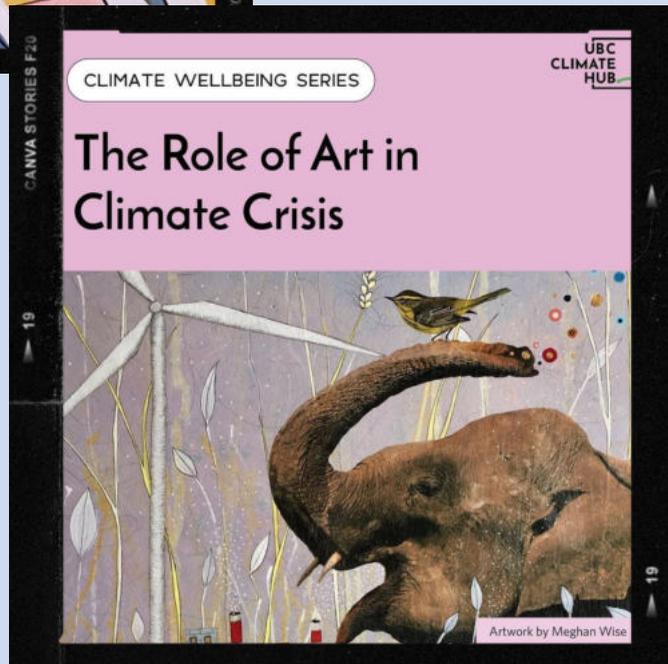
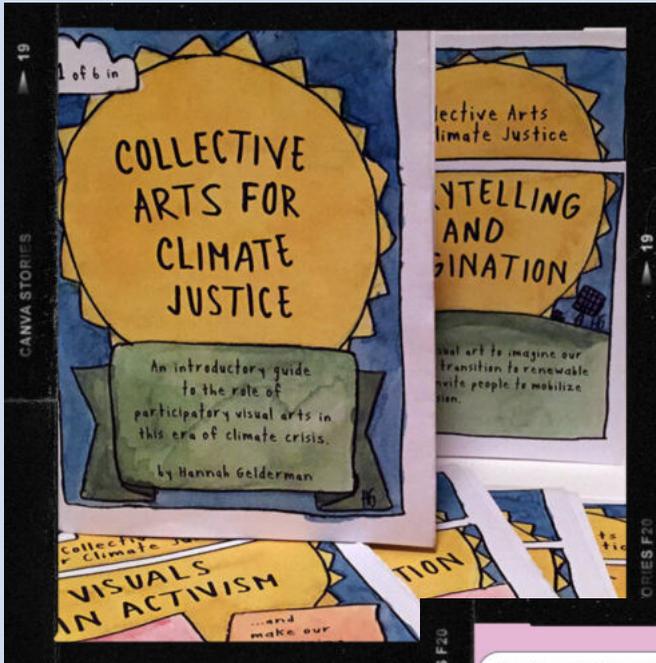
Climate Change Through an Intersectional Lens



How climate change is affecting the LGBTQIA+ community

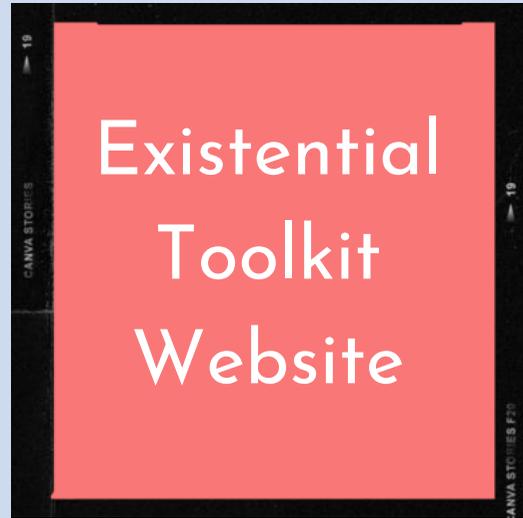
CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

NAVIGATING CLIMATE WELLBEING THROUGH ART



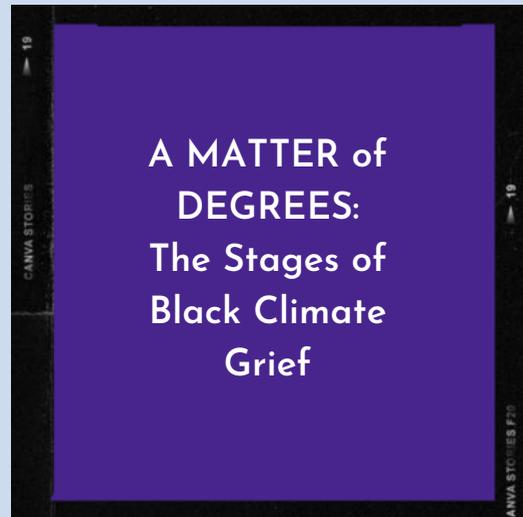
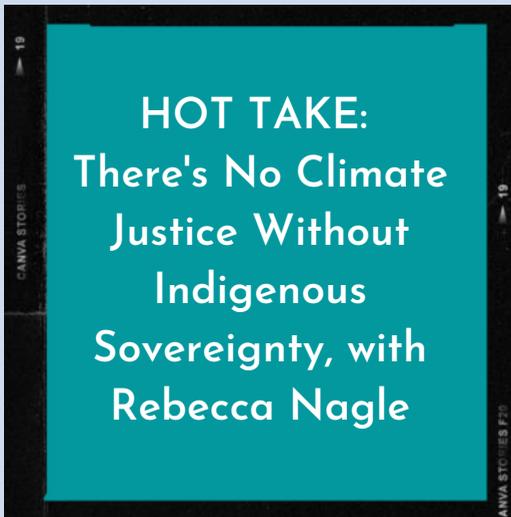
CLICK IMAGES TO CONNECT TO LINK TO SOURCE

SOME WEBSITE LINKS FOR HOPE, ACTION AND COMMUNITY BUILDING



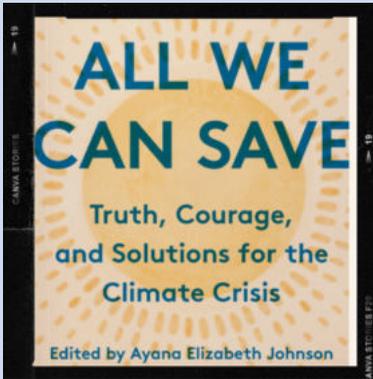
CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

SOME PODCAST LINKS ON CLIMATE ANXIETY AND WELLBEING

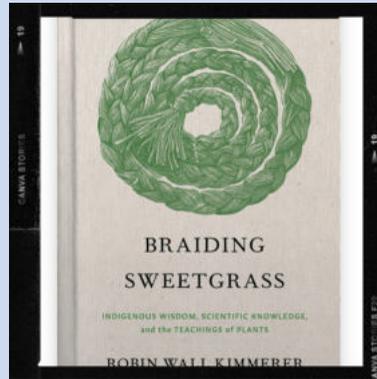


CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

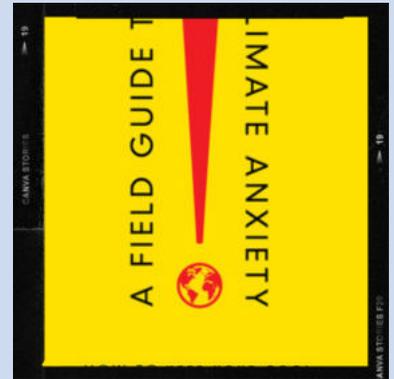
SOME BOOK LINKS FOR CLIMATE HOPE AND ACTION



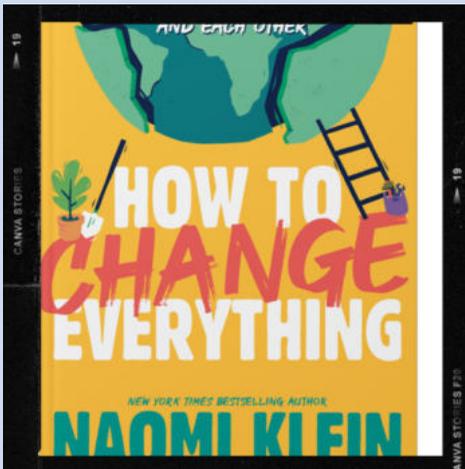
All We Can Save: Truth, Courage, and Solutions for the Climate Crisis.



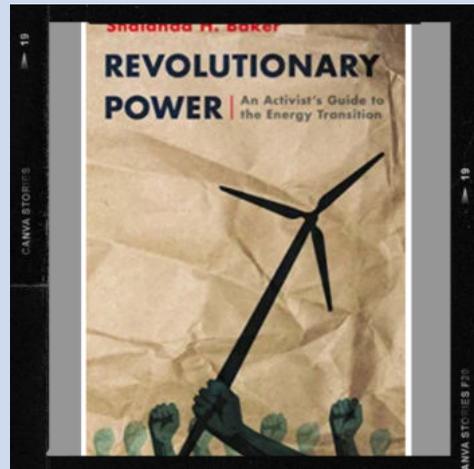
Braiding Sweetgrass



A Field Guide To Climate Anxiety



How To Change Everything



Revolutionary Power

CLICK IMAGES TO CONNECT WITH LINK TO SOURCE

CLIMATE WELLBEING INFOGRAPHICS

CLIMATE WELLBEING
Exploring Climate Change, Mental Health, and Wellbeing

WHAT DO MENTAL HEALTH AND WELLBEING MEAN?

Climate change is impacting individual and community mental health and wellbeing.

Intensified heatwaves, flooding, forest fires, air pollution, drought, and extreme weather events are directly and indirectly increasing adverse mental health and community wellbeing.

WHAT ARE SOME COMMON CLIMATE MENTAL HEALTH AND WELLBEING IMPACTS?

Non-positive responses to climate change are not innately pathological or unhealthy. They are a NORMAL response to difficult and challenging issues and experiences of climate change. This may include:

- Stress
- Eco-Anxiety
- Eco-Grief
- Solastalgia
- PTSD
- Anger
- Loneliness
- Depression
- Substance misuse
- Aggression
- Violence
- Sense of helplessness

Mental health is also MORE than an absence of negative experiences or distress. It includes POSITIVE ongoing experiences of physical, mental, emotional, and social wellbeing, leading to holistic wellbeing.

CLIMATE ANXIETY NORMAL?

It's okay to feel...

CLIMATE WELLBEING
INFOGRAPHIC

HOW DOES IT ALL RELATE TO OUR HEALTH?

Climate change will impact our health in a number of direct and indirect ways. How well we survive will depend on how well we adapt.

CLIMATE CHANGE

ENVIRONMENTAL EFFECTS	HEALTH EFFECTS
EXTREME WEATHER EVENTS HEATWAVES FIRE FLOODS STORMS	INFECTIOUS DISEASES MOSQUITO-BORNE ILLNESSES WATER-BORNE ILLNESSES
DROUGHT AND DRY CONDITIONS FRESH WATER SCARCITY REDUCED FOOD YIELDS HIGHER FOOD COSTS	MENTAL ILLNESSES LOSS OF IDENTIFICATION/ANCHORING POOR NUTRITION

Additional statistics from the infographic:

- Extreme heat killed over 70,000 people across 16 countries. The death rate was 4 - 5X expected levels.
- Europe, Summer of 2003
- Hurricane Sandy: 72 US deaths, \$50 billion in damage, 1,000 mile diameter storm.
- U.S. Midwest Drought: 1,584 counties in 32 states designated drought disaster areas.
- Beijing Air Pollution: 1.2 million premature deaths in 2010 linked to air quality.

HOW CLIMATE CHANGE WILL AFFECT
YOUR HEALTH INFOGRAPHIC

CLICK IMAGES TO CONNECT WITH LINK TO SOURCE