



CLIMATE CLUB

EMOTIONAL RESILIENCE

Climate scientists employ a variety of coping mechanisms to manage the significant emotional burden associated with studying climate change. Many of the strategies that climate scientists use are the same ones that can help us face into, process, and work with, rather than push away, strong emotions :

Key strategies include:

- **Focusing on Personal Agency and Action:** Take action in your personal life, such as reducing your own carbon footprint or getting involved in local climate initiatives. Taking responsibility and doing your bit can provide a sense of purpose, agency and hope. Focus on what is within your control, and choose actions that feel meaningful and motivating to you. *Watch out for self-talk that suggests you have to save the world yourself!*
- **Community and Shared Experience:** Connect with other people who care. Get involved in your community, take action together and find opportunities to work on things that interest you. Share your concerns and support each other. Talking openly can help to normalise feelings of grief, anxiety and uncertainty, and reduce feelings of isolation. Being part of a community can also be inspiring: *you may find inspiration in others, and they may find it in you.*
- **Be Courageous:** What feels courageous will be different for each of us, so set yourself goals and actions that are meaningful and possible for you. Being courageous doesn't mean feeling hopeful all the time. It means being willing to face difficult realities and choose how you want to respond, within your own sphere of influence. Think of what you can contribute as your own personal superpower. And remember that courage can be contagious: how we talk about climate change, what we share with others and the example we set can inspire people around us. Communicate with honesty, but look for ways to inspire rather than dwell only on the negative. *Feel proud of the part you play.*
- **Maintaining Boundaries:** Set healthy boundaries between climate action, work and your personal life. You don't have to think about climate change all the time, and constant exposure to distressing information can become overwhelming. Be aware of the perfection trap too: trying to make every choice perfectly "sustainable" can create unnecessary worry, guilt and stress. Accept that you cannot do everything, and that you don't have to. Give yourself permission to switch off, enjoy the present, spend time with people you love and do things simply because they bring you joy.
- **Be Mindful of What You Consume:** Be aware of how much distressing news and information you consume. Choose your information diet consciously, rather than continually exposing yourself to material that leaves you feeling overwhelmed or powerless. Balance difficult information with stories of progress, positive change and people finding solutions. Remember that what you consume isn't just information: make space for nature, creativity, relationships, rest and things that nourish you.
- **Seek Support if Needed:** You don't have to manage difficult feelings on your own. Talk to people you trust and connect with others who understand how climate change can affect us emotionally. If this isn't enough, recognise when you may need additional support and make use of formal mental health resources or professional help. There is a growing network of online and offline support services and groups.
- **Find Hope in Progress:** Climate change can sometimes make it difficult to see beyond the problems, but change is happening. Look for evidence of progress: the growth of renewable energy, positive tipping points, changes in technology and policy, and increasing awareness and action around the world. Allow these stories to remind you that the future is not predetermined and that change can happen faster than we expect. *Hope isn't about ignoring what is difficult; it can come from seeing what is possible.*

NORMALISING EMOTIONS



Remember: there is nothing wrong with you. Climate change can evoke grief, anger, fear, guilt, helplessness, sadness, even numbness. These feelings are a rational response to something that matters deeply. You don't necessarily need to get rid of difficult feelings. Sometimes the aim is to make space for them without becoming overwhelmed. You can try to reframe your reaction to emotions as follows:

1. Notice it - *What am I feeling? Where do I notice it? What has triggered it?*

2. Name it - *Putting words to an emotion can help make it more manageable. "I'm frightened" is different from "everything is hopeless."*

3. Allow it - *You don't have to argue yourself out of the feeling. Grief can sit alongside love. Anger can sit alongside care. Fear can sit alongside courage.*

4. Connect - *Talk to someone who understands. Spend time with people who care about the same things. Connection can turn an isolated feeling into a shared human experience.*

5. Ground yourself - *Step away from screens and information. Go outside. Notice your surroundings. Breathe. Spend time with people you love. Do something ordinary and enjoyable.*

6. Choose your response - *Ask: What is within my influence? What do I want to contribute?*

Remember: **You don't have to save the world.** Choose something meaningful to do that is right for **you**.

Feelings aren't instructions

Feeling frightened doesn't mean you have to stop.

Feeling angry doesn't mean you have to fight.

Feeling hopeless doesn't mean there is no hope.

Feeling guilty doesn't mean you are responsible for everything.

Feeling sad doesn't mean you are failing.

Feelings can be information without having to become action.

You don't have to push strong feelings away:

- Sometimes we try to protect ourselves from difficult emotions by looking away.
- Sometimes we rush into action so that we don't have to feel them.
- There is another possibility: feel it, stay connected to what you care about, and choose what you do.

The aim isn't to become endlessly positive.

It is to remain engaged with the world without becoming overwhelmed by it.

References / further information:

1. Climate Adam and Dr Gilbz video: [Eco-Emotions: How we deal with climate fears](#) | ft. @DrGilbz
 2. Guardian: ['Hopeless and broken': why the world's top climate scientists are in despair](#)
 3. BBC: [Here's what scientists can teach us about coping with climate doom](#)
 4. Australian Climate Council: [Climate anxiety toolkit](#)
 5. [British Climate Psychology Alliance](#)
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