

# Looking after your wellbeing if you are concerned about climate change

## What is climate anxiety?

Climate anxiety refers to people's stresses, fears or worries about the future of the planet and feelings of hopelessness at the scale of the issue.

## How you can cope with climate anxiety



1

Talking about it is really helpful and there are a number of organisations and services that can help including **Mental Health UK** and **Young Minds**.



2

You can set up your own climate conversation group or write a blog to help you to express your feelings. Vera has written a blog about **climate change and being autistic**.



3

Meditation and mindfulness can help you to train your attention and achieve a mentally clear and emotional calm and stable state.



4

Keeping a gratitude or positive thinking diary will remind you of what is good in your life.



5

Exercising regularly, eating well, and getting plenty of sleep will help and are important for your wellbeing. Learn more about **looking after your wellbeing**.



6

Being outside and walking in nature is beneficial whether alone or in a group.



7

Don't watch and read everything about climate change – doom scrolling can bring you down. Keep your news intake balanced.