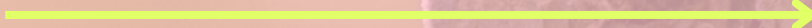


WHAT ARE ECO-EMOTIONS AND WHY DO THEY MATTER?

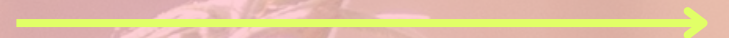
A guide for young adults



1. WHAT EVEN ARE ECO-EMOTIONS?

Eco-emotions are the feelings and sensations stirred by ecological issues and the climate emergency

- Fear, grief, anger, frustration, hope - all of these are **normal and healthy responses** to the crisis we are living through.

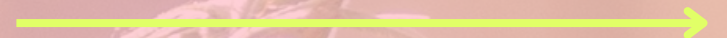


2. YOU'RE NOT ALONE

Eco-emotions can be painful and overwhelming - but you're far from alone.

These feelings **show how deeply you care about the world.**

With the right support, they become easier to hold.

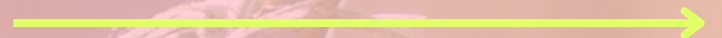


3. THE “BIODIVERSITY” OF EMOTIONS

Psychologist Caroline Hickman describes a biodiversity of emotions: many feelings co-existing like an ecosystem.

Some rise to the surface; others ebb and flow.

Remember: **all feelings pass**, even the uncomfortable ones.



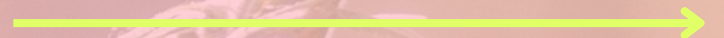
4. TAKE A BREATH

Let's pause.

Plant your feet on the ground.

Take three deep breaths.

Come home to what you're feeling in this moment.

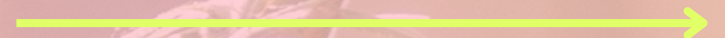


5. CLIMATE EMOTIONS WHEEL



What eco-emotions are most present for you right now?

Inspired by the work of Panu Pikhala, the Climate Mental Health Network created the Climate Emotions Wheel, which shows how wide the emotional landscape can be.



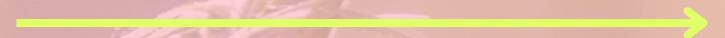
6. REFLECTION QUESTIONS

If you identified some emotions you're feeling (and don't worry if you didn't, numbness is also a common reaction)....

– How does this emotion feel in your body?

– What helps you meet it with gentleness and kindness?

– Are there feelings you'd add to the wheel?

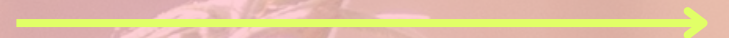


7. WORDS OF WISDOM

✨ All feelings ebb and flow.

✨ You can seek support when it feels too heavy to hold alone.

✨ Feeling deeply means you care deeply. That care is powerful - and it is appreciated.

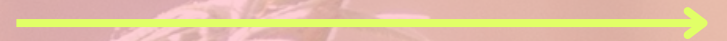


8. VOICES FROM OTHERS

“Sometimes I feel full of energy to act, and other times hopeless. I try to take action when I have energy, so future-me is supported.”

— Jakob, 22

“Eco-emotions remind me that we are nature. When the planet is well, we are well.” — Lila, 24

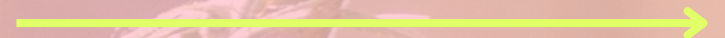


9. A CLOSING THOUGHT

800 years ago, the poet Rumi wrote of human emotions as visitors - sometimes difficult, always meaningful.

Eco-emotions are like this too: **guides helping us** face reality and stay connected to life.

You can read his poem on the next slide...



This being human is a guest house.

Every morning, a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

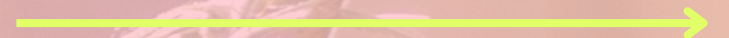
Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

By Rumi (1207 – 1273)



If you'd like to come along to a facilitated online space with others who get it, join us:

SUPPORT SPACE FOR YOUNG ADULTS

A listening circle for
those aged 18-25 to build
resilience while living
in a time of crisis

Wednesday 18 March, 12.00-1.30pm GMT

Wednesday 13 May, 7:00-8:30pm GMT

Free of charge

CLIMATE
PSYCHOLOGY
ALLIANCE

This social media guide is based on 'Dare to Care' a toolkit for young people coping with eco-distress. The full toolkit has lots more helpful ideas and information - you can access it via the link in our bio.