



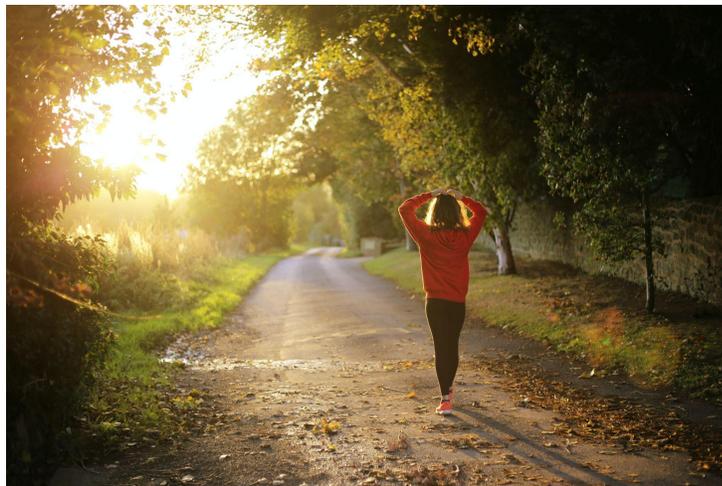
Eco-Grief and Eco-Anxiety

Feelings of eco-grief or eco-anxiety can bubble up over time and lead to a full on climate burnout.

Hey. Can we be real with you for a minute?

While talking about climate with your people is a super important piece to the puzzle that is slowing climate change, it isn't always fun. Climate change can be *super* overwhelming.

When #TalkingClimate, we might have some stressful or unpleasant conversations that leave us feeling blah. We might feel like we have to meet these high expectations set by changemakers before us. We might feel so overwhelmed with the loss and environmental destruction happening all around us that we just want to give up. Or we might feel pressured to perform and make change happen *now*.



These feelings are all valid.

And these feelings of eco-grief or eco-anxiety can bubble up over time and lead to a full on climate burnout. Is it important to be able to take a step back in these moments and not only recognize the signs of [climate burnout](#), but have some useful exercises and tips handy that

you can use for when you are feeling “blah”.

Signs of climate burnout (from the [Australian Psychological Society](#) and [the Australian Conservation Foundation](#)):

“Emotional signs:

Temper tantrums over trivial matters.

Feeling guilty for resting, doing pleasurable things.

Feelings of hopelessness.

Cognitive signs:

Difficulty in making decisions or staying focused.

A growing tendency to think negatively.

A loss of sense of purpose and energy.

Behavioural signs:

Imbalance between work, family, play, hobbies.

Difficulty getting out of bed in the morning.

Becoming accident prone.

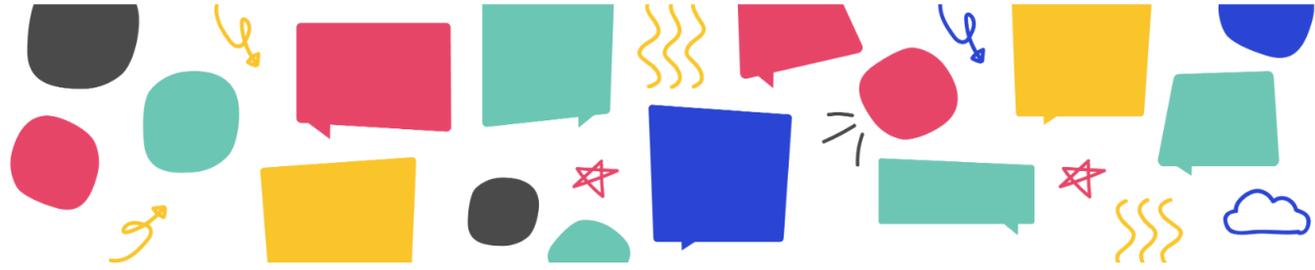
Physiological signs:

A general sense of running on empty.

Muscle tension, headache, backache, tiredness.”

So what can we do? During Talk Climate to Me, we try to combat feelings of eco-anxiety and eco-grief by taking a mindful moment at the beginning of each episode. One of our favourites is trying to practice a Mindful Mantra, adapted from a loving kindness or [“metta” meditation](#).

So, let's start.



Close your eyes and let your attention turn inward. Sit comfortably and let your body relax. Take a deep breath in. And breathe out.

I'd like you to say out loud or in your mind the following. *'May I be happy, may I be well, may I be filled with kindness and peace.'*

Let's say that one more time. *'May I be happy, may I be well, may I be filled with kindness and peace.'*



Bask in that feeling of warmth and love. Who else do you wish that for? When you think about leaving the world better than you found it, who are you caring for?

Thinking of that person, send out the mantra to them: *'May you be happy, may you be well, may you be filled with kindness and peace.'*

Let's say it again. *'May you be happy, may you be well, may you be filled with kindness and peace.'*

Finally, expand your awareness to all beings on Earth. The people, the animals, the plants, the waters.

Send these wishes to them. Repeat with us *'May you be happy, may you be well, may you be filled with kindness and peace.'*



One last time: *'May you be happy, may you be well, may you be filled with kindness and peace.'*

Take a deep breath in. And breathe out. Notice how you feel. Try to hold this feeling and that memory of what you love with you as you go forward and #TalkClimate. Remember to take time for yourself if you need to support your mental and/or emotional wellness. As Dr. Katharine Wilkinson [says](#), soul work is part of climate work.

For information on Eco-grief and Eco-anxiety, check out:

1. <https://psychology.org.au/for-the-public/psychology-topics/climate-change-psychology/climate-change-and-dealing-with-burnout>
2. <https://www.facebook.com/talkclimatetome/posts/163758129237821>
3. <https://www.bbc.com/future/article/20200402-climate-grief-mourning-loss-due-to-climate-change>