



## Webinar Resource Sheet

### Articles:

- [Mental Health and Our Changing Climate](#) (American Psychological Association)
- [Eight Tips for Managing Eco-Anxiety](#) (NewScientist)
- [How to Cope with Anxiety about Climate Change](#) (ReachOut Australia)
- [Have a Climate Denier Over for Coffee?](#) (NRDC)
- [Understanding Emotions about Climate Change](#) (Citizens' Climate Lobby)

### Books:

- [\*Environmental Melancholia: Psychoanalytic Dimensions of Engagement\*](#) by Renée Lertzman
- [\*Emotional Inflammation\*](#) by Lise Van Susteren and Stacey Colino
- [\*Your Resonant Self\*](#) by Sarah Peyton

### Websites:

- [The Optimist Daily](#)
- [PsychAlive](#)
- [Project Inside Out](#)

### Podcasts (available on all podcast streaming platforms):

- [The Optimist Daily Update](#)
- [Solutions News](#)

### Videos & Films:

- [More from Renée Lertzman](#)
- [2040 Film](#)

### Upcoming Events:

- "Healing Emotional Inflammation: How to Recognize Triggers and Nourish Resilience During Turbulent Times," a Webinar with Lise Van Susteren, MD (free!) - October 9, 2020 at 11am PT

## Discussion and Reflection

1. How will my lifestyle change with the effects of climate change, and how will I adapt to those changes?
2. What can I do at an individual level to help combat the effects of climate change?
3. How can I use my voice to elect leaders to lead us away from climate change?
4. What gives you hope for the future?
5. How can you work toward those future goals today?
6. When it comes to my future, I feel... (Powerless? Optimistic?)

# Seven Key Insights

*We recommend answering these questions as or after you watch the webinar.*

## 1. How are you?

- Naming your experience
- Attuning yourself
- Compassion and forgiveness
- Awareness and befriending

## 2. What is the bigger story?

- What is the context we are living in as humans?
- How are your feelings, experiences, and struggles part of this bigger picture?
- How can you relate to what is beyond your control?

## 3. Why am I resisting change?

- Reframe resistance as data... What is the data telling you?

## 4. Who are your allies?

- Who are your mentors, friends, teachers, and companions?
- Who will accept you and not react to your experiences?
- Who are your thought partners?

## 5. What is your unique offering?

- What are your capacities and skills?
- Where can you contribute most fully?

## 6. How are you sustainable?

- How can you remain integrated and balanced?
- How do you fill the well?
- How can we survive in hard times?

## 7. How would I feel if I were you?

- Softening our hearts towards others
- How can we open up ourselves to deeper and more honest and real conversations?
- How can we lean into empathy for our resistance and anxieties?



# FROM ANXIETY TO ACTION:

How to Stay Sane While Fighting Climate Change

Thank you for registering for this webinar. We hope you find these resources useful in your individual relationship with the changing world.

Please save the date for our upcoming event “Healing Emotional Inflammation: How to Recognize Triggers and Nourish Resilience During Turbulent Times,” a Webinar with Lise Van Susteren, MD on October 9, 2020.



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