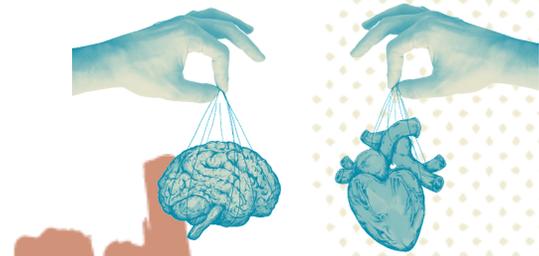




Sharing your experience with eco-anxiety

Our emotions and values are all tied up together, tangled in a messy nest of immediate and long-term desires. By starting a conversation about our anxieties, worries, and fears, we can focus on what matters most - our deepest values and strongest insecurities.



“Expand on the feeling of love from which your fears stem.”
- Dan Rubin, Psychologist.

To uncover your own eco-anxious story, ask yourself these three question:

1. Where is eco-anxiety showing up in my life?

The term “eco-anxiety” is an emerging concept, and it doesn’t mean the same thing to everyone. Does this term resonate with you? If so, what moments or triggers seem to bring it to the surface? Where does it show up in your body? What does eco-anxiety, or other climate emotions, feel like? What do you do when you feel this way? Where do you turn for comfort, for the strength to keep going?

2. What gives you the courage to move forward with compassion?

Eco-anxiety can make us feel stuck. Think about how anxiety relates to your capacity to take meaningful action. Eco-anxious stories that are rooted in love and compassion connect us to one another - and to the lands we depend on - and that is powerful. What love underlies your fears? Who do you show up for? Where - or who - do you turn to for the capacity to stay plugged in?

3. What does a meaningful response to this crisis look like and feel like?

At a personal-level (for you) and a collective-level (for “us” as families, communities, teams), what does courage and compassion look like in everyday life? As you develop a life-long relationship with your eco-anxiety, what practices do you return to? What tools, supports, and resources do you need to make sense of your role in this narrative?

