# Coping with eco-anxiety

#### Take action

Making changes can make us feel less helpless. Avoid wasting things, tell friends and family you like second hand gifts, wrap-up rather than turning the heating up and spread the word.

#### Connect with nature

Spending time with nature can help you feel calmer. Move around in nature and use your senses to notice all you can see, hear, smell, and touch. Just look outside, if you can't get outside.

# **Use breathing exercises**

For example, draw a circle and place your pencil anywhere on it. Then, breathe in as you draw the first half of a petal and out as you draw back to the middle. Repeat 6 times.

### Be prepared

Prepare yourself for any weather events by completing the Weather Together toolkit and downloading the British Red Cross' free First Aid app.



# Reduce your impact

Try the World Wildlife Fund's carbon footprint calculator. Come up with a plan for how you could reduce your carbon footprint. Remember, the steps can be small!

## Find hope

Learn about the ways people have made positive changes to deal with climate change. Try Conservation Optimism's website.



## **Share your feelings**

Talking about our feelings can make us feel better. It helps us to know that we don't have to cope on our own. Lots of people have feelings of eco-anxiety.

#### Practise mindfulness

Spend time each day seeing how your body feels by doing a 'body scan' meditation or try doing some yoga videos on the internet.

**British Red Cross**