



# Managing Eco-Grief & Climate Anxiety

## A Skills-Development Workshop

Concerns for our planet's health can give rise to the experience of eco-grief and climate-anxiety where individuals feel vulnerable, angry, helpless, guilty, anxious, numb and distraught over the loss of ecosystems or potential planetary destruction.

Such emotions and sensations can be debilitating, with crippling effects on one's lifestyle and mental health. The impact can extend to the point where everyday choices leave individuals feeling anxious or guilty, even influencing career and family planning choices.

Recognising and dealing with these emotions and sensations is important. By learning to skilfully manage these uncomfortable emotions, we can remain grounded and create space to better care for ourselves and focus on solutions and actions that addresses the environmental problems we face.

### Workshop Overview

- Introduction to eco-grief and climate-anxiety
- Techniques to manage eco-grief and climate-anxiety
- Imagining & contributing to better future scenarios for our Earth
- Finding balance between our values, priorities and actions
- The workshop consist of presentation, personal assessment survey, exercises and practices

### Workshop Outcomes, participants will learn:

- Skills to engage in difficult conversations around climate challenges
- Techniques to manage eco-grief and climate-anxiety for better well-being and emotional resilience
- Tune in to and align their values, priorities and actions
- To acknowledge and appreciate that their actions matter

### Suitable for:

- Corporations, NGOs, Schools

### Duration:

- Customisable according to the needs of your organisation