

# You're Not Alone: RESOURCES TO MANAGE ECOANXIETY & STRONG EMOTIONS

Web-link based list compiled September 2024

## Podcasts

- **American Psychologist Association, Episode 138: "Speaking of Psychology: How to cope with climate anxiety"** *Thomas Doherty, PsyD & Ashlee Cunsolo, PhD.*  
This podcast explores the mental health effects of climate change and what we can do to cope and build resilience in ourselves.
- **American Psychologist Association, Episode 291: "Speaking of Psychology: Mental Health in a Warming World"** *Dr. Kim Meidenbauer & Dr. Amruta Nori-Sarma.*  
This podcast shares how climate change affects people's mental health, emotions, and cognitive abilities including the link between heat, violence, and aggression, and what policymakers could be doing to mitigate its effects.



## Groups

### ➤ [The Climate Optimist](#)

This website is a "how to" in facilitating community member "meet ups" designed to spark optimism, creativity, and climate solutions through small shifts in habits and mindset.

### ➤ [Good Grief Network](#)

Good Grief Network brings people together to process grief stemming and commit to meaningful action. The Network's [10 Steps to Resilience & Empowerment in a Chaotic Climate](#) provides training in building a peer-to-peer support groups for people overwhelmed by eco-distress and collective trauma from social and ecological injustices.

## ["Let's Talk About It."](#)

From Action for the Climate Emergency. A cool website where youth can record, share, and compare their climate stories. "Let's Talk About" [Mental Health Resources](#) provide 24-hour hotlines and other tools for youth to assess mental distress and take action.

## Websites

## [Yale University School of the Environment](#)

A robust website featuring a wide variety of research-based climate anxiety resources for adults and youth dedicated to understanding and coping with global eco-anxiety and eco-grief both individually and as a human community.

## ["Your Guide to Talking With Kids of All Ages About Climate Change"](#)

From the Natural Resources Defense Fund. Tips for discussing basic facts, answering tough questions, and helping your kids cope with climate anxiety—even when you, too, are feeling overwhelmed.

## ["Climate Change and Youth Mental Health Resource Center."](#)

From the American Academy of Child and Adolescent Psychology. A variety of research-based youth-oriented resources to deal with climate anxiety including books, videos, and media.

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### Ted Talks



### **"Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World."**

*Dr. Katharine Hayhoe, 2021.*

### Books

#### ➤ **Imagine It! A Handbook for a Happier Planet**

*by Laurie David and Heather Reisman*

If you feel scared that the climate crisis is so big that your individual actions can't make much of a difference, read this book.

#### ➤ **Take Heart: Encouragement for Earth's Weary Lovers**

*by Kathleen Dean Moore*

"It is easy to become disheartened. But it is impossible to quit." The chapter, "A Short Treatise in defense of outrage" is not to be missed!

#### ➤ **Generation Dread: Finding Purpose of an Age of Climate Crisis**

*by Britt Wray*

Scientific knowledge merges with emotional insights to show how intense feelings are a healthy crucial step toward becoming an engaged steward of the planet.

#### ➤ **Active Hope: How to Face the Mess We're in Without Going Crazy**

*by Joanna Macy and Chris Johnstone*

"Active Hope" shows us the true dimensions of this crisis, and the way our hearts and actions can be part of the great turning toward healing...a brilliant guide to sanity and love."

#### ➤ **A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet**

*by Sarah Jaquette Ray.*

This "[\*existential tool kit\*](#)" combines insights from psychology, sociology, social movements, mindfulness, and environmental humanities to help you let go of eco-guilt, resist burnout, and build resilience while advocating for climate justice.

#### ➤ **Radical Joy for Hard Times: Finding Meaning and Making Beauty in Earth's Broken Places**

*by Trebbe Johnson*

It's essential to create art, rituals, and joy to heal our hearts and communities. Taking "worthwhile action" that includes ceremony, art, and rituals as tools for healing that connect us to the natural places we love. Her practice called "Wild Gifts for Broken Places" is used in therapeutic circles across the country.

Compiled by UW Madison Climate Leadership Team's EcoAnxiety Work Group,  
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