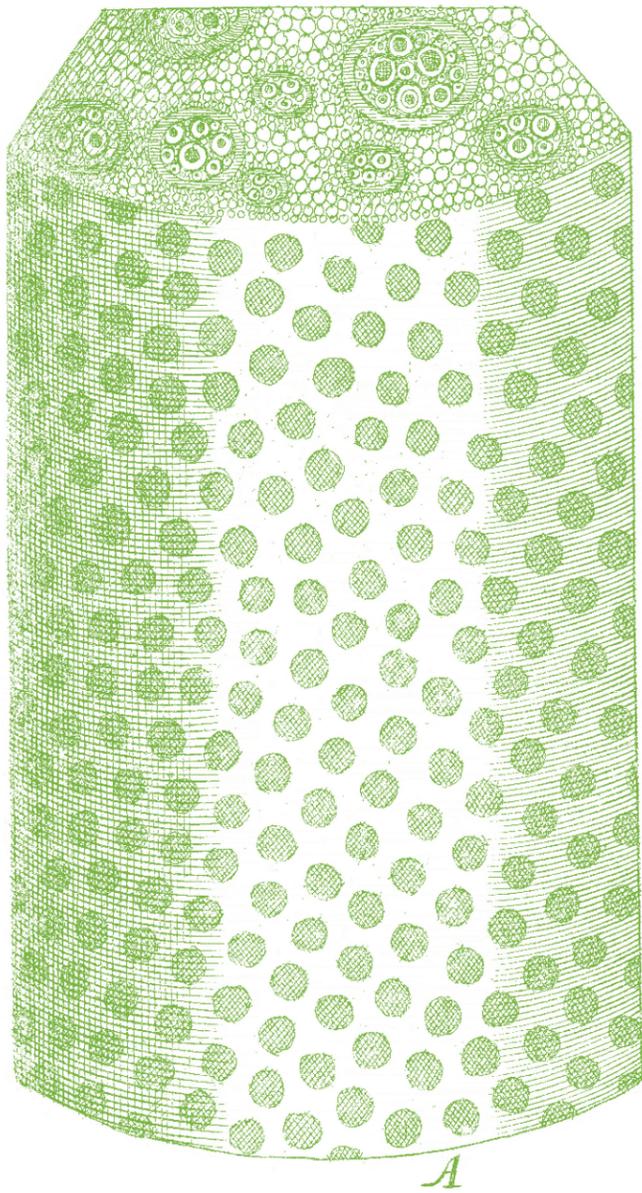


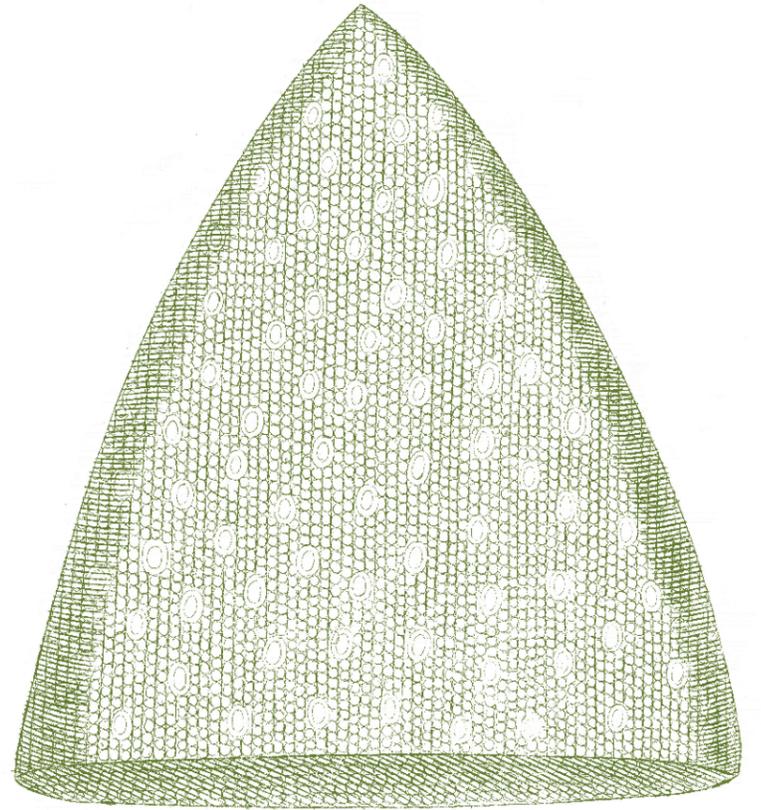
Acknowledge Reality

A

Feel the feelings – they are a reasonable and natural response to the reality of the destruction of nature that is taking place. Give yourself time to respond, rather than pushing the feelings away. Being aware of the reality of this situation is healthy, and although it can be painful, it does mean you can start to do something about it.



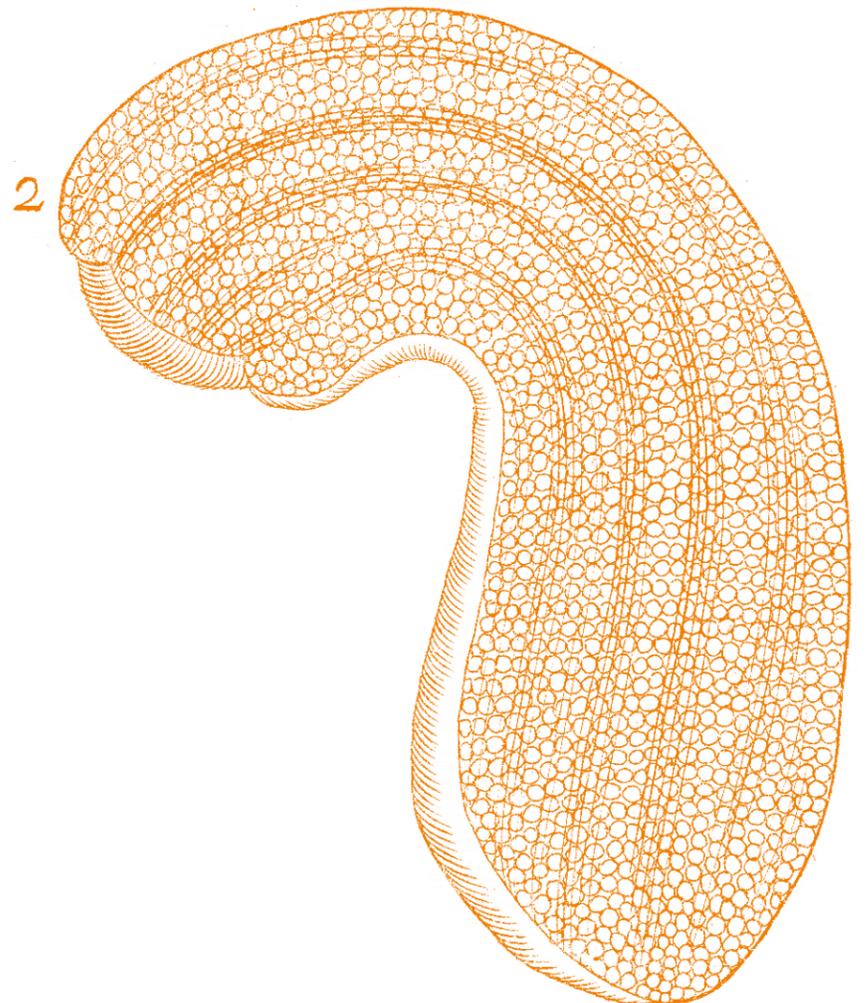
The top of Lilly leaf.



Be Present

B

Find a healthy balance between being aware of the climate crisis and our anxiety about it. Anxiety is about future threats, so being present can help. Pause and notice what's around you in the here and now. Finding a way to connect with nature is a great way to start. Even just a few minutes each day can make a difference.



C

Care for Nature

When we find the right balance, it can motivate us to act. Taking action for nature can provide you with a sense of agency over the situation. When we care for nature with other people who share our concerns, that support and connection can help alleviate our feelings of despair.

The Orangery
Field Hospital
for Eco-Anxiety



Eco-Anxiety ABC:
3 steps to Recovery