### Strategies to Move Yourself and Your Students beyond Climate Doom and Gloom towards Empowerment

#### 1. Self-care
- Be kind and compassionate to self
- Practice good sleep habits and exercise
- Use self-soothing strategies
- Talk with a trusted friend
- Acknowledge this is tough
- Ask for help

#### 2. Integrate climate justice into center of conversations
- Know people from marginalized communities are disproportionately impacted by climate change
- Know they experience climate grief more deeply than the majority population
- Include diverse sets of voices, especially those most impacted
- Include other ways of knowing
- Show authentic curiosity
- Remind they are not alone in feelings
- Invite all voices to the table
- Be aware of “settler privilege”
- Create a safe environment for sharing, group norms and restorative practices

#### 3. Listen and validate feelings
- Without trying to solve, fix, or dismiss
- Provide compassion, care, empathy
- Share that many people are working on this problem; not solely up to them
- Nurture personal agency
- Focus on solving one small part of the climate crisis vs. the whole thing
- Take action to influence policy
- Be aware of intersectionality
- Share successes of youth taking action

#### 4. Encourage and take action
- Local & place-based
- Student-guided & personally relevant
- Foster care of nature through play
- Support collective problem-solving
- Nurture personal agency
- Focus on solving one small part of the climate crisis vs. the whole thing
- Take action to influence policy
- Be aware of intersectionality
- Share successes of youth taking action

#### 5. Join and create community and connection
- Join or create climate café groups to talk about emotions
- Create opportunities for shared solidarity
- Normalize conversations about emotions
- Support connection with family, friends, or special interest groups
- Encourage collective action

#### 6. Incorporate a trauma-informed approach
- Recognize trauma-related reactions
- Be conscious of potential triggers
- Create a safe, and caring environment
- Build trust through transparency
- Identify & reinforce positive peer support
- Acknowledge strengths, encourage youth voice and choice
- Challenge stereotypes and biases, acknowledge oppression

#### 7. Use social, emotional, and positive coping skills
- Help youth identify and express feelings
- Facilitate empathy with others
- Encourage self-compassion
- Help youth tolerate ambiguity
- Practice meditation
- Vision about a positive future
- Practice gratitude
- Guide discussions around resilience

#### 8. Move through grief
- Trust feelings, admit there is a problem
- Be curious
- Be aware of how our ideas may be distorted
- Focus on what we can do not what have we done
- Be aware of physical feelings
- Take a break when burnt out
- Heal from past trauma in order to reconnect with the natural world
- Look for beauty and meaning
- Join support groups

#### 9. Cultivate hope & resilience
- Teach hopefulness
- Use cognitive interventions to reframe negativity to be more objective & realistic
- Give examples who love & care for nature
- Provide free time in nature for agency
- Use sustainable practices to focus on behavior towards the future, multiple solutions, act in small steps, etc.
- Reframe eco-anxiety to eco-compassion
- Share examples of hope: people, stories