

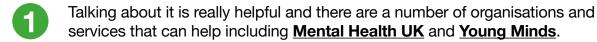
Looking after your wellbeing if you are concerned about climate change

What is climate anxiety?

Climate anxiety refers to people's stresses, fears or worries about the future of the planet and feelings of hopelessness at the scale of the issue.

How you can cope with climate anxiety







You can set up your own climate conversation group or write a blog to help you to express your feelings. Vera has written a blog about **climate change** and being autistic.



Meditation and mindfulness can help you to train your attention and achieve a mentally clear and emotional calm and stable state.



Keeping a gratitude or positive thinking diary will remind you of what is good in your life.



Exercising regularly, eating well, and getting plenty of sleep will help and are important for your wellbeing. Learn more about **looking after your wellbeing**.



Being outside and walking in nature is beneficial whether alone or in a group.



Don't watch and read everything about climate change – doom scrolling can bring you down. Keep your news intake balanced.