

RUNNING LIST OF RESOURCES RELATED TO FACING ECOLOGICAL LOSS TOGETHER

Welcome! Please expand each section below to explore resources.

Information is shared below for individuals to have a starting place of understanding the normal emotional reactions they may be experiencing to transformations occurring ecologically, and in turn, societally and organizationally. Please note that linking to the resources below does not imply endorsement of products, affiliate links on websites, or opinions presented by authors.

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BOOKS:

- [Psychological Roots of the Climate Crisis](#)
- [Turn the Tide on Climate Anxiety: Sustainable Action for Your Mental Health and the Planet](#)
- [Facing the Climate Emergency: How to Transform Yourself with Climate Truth](#)
- [Living in Denial: Climate Change, Emotions, and Everyday Life](#)
- [Mourning in the Anthropocene: Ecological Grief and Earthly Coexistence](#)
- [Earth Emotions](#)
- [Climate Optimism: Celebrating Systemic Change Around the World](#)
- [Earth Grief](#)
- [Solastalgia: An Anthology of Emotion in a Disappearing World](#)
- [Not Too Late: Changing the Climate Story from Despair to Possibility](#) (Solnit, 2023)
 - **RELATED WEBSITE:** Amazing array of authors, and they have a website with resources:
<https://www.nottoolateclimate.com/>
- [I Want A Better Catastrophe by Andrew Boyd](#)
- [Climate Justice: Hope, Resilience, and the Fight for a Sustainable Future](#)
- [Wintering: The Power of Rest and Retreat in Difficult Times](#)
- [When Things Fall Apart: Heart Advice for Difficult Times](#)
- [Under a White Sky: The Nature of the Future](#)
- [Braiding Sweetgrass](#)
- [Emotional Resiliency in the Era of Climate Change: A Clinician's Guide](#)
- [A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet](#)
- [Parable of the Sower](#)
- [Mourning Nature: Hope at the Heart of Ecological Loss and Grief](#)
- [Generation Dread: Finding Purpose in an Age of Climate Crisis](#)
- [Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World](#)
- [All We Can Save: Truth, Courage, and Solutions for the Climate Crisis](#)

WEBSITES AND NEWSLETTERS:

- [Climate Mental Health Network](#)

- [The Resilient Activist](#)
- [Earth to Sky Website](#) (Please be advised that the two Earth to Sky recording links will only work if you've [registered](#) for a free account on the website.)
- [Generation Dread newsletter](#)
- [Climate Optimist newsletter](#)
- [I want a better catastrophe resources](#)
- [Sense of place and loss workshop resources](#)
- [Climate Emotions Scale](#)
- [Global Optimism and Outrage-Optimism](#)

PODCASTS AND VIDEOS:

- [Britt Wray | Keeping cool amid the climate crisis | Frontiers Forum Live 2023](#)
- [Talking with Green Teachers: Episode 39: Managing Eco-Anxiety and Ecological Grief](#)
- [Chasing Life: Climate Anxiety is Real](#)
- [Talking Climate: Grief](#)
- <https://www.tarabrach.com/earth-is-crying/>
- [On Being: witvh Joanna Macy and Anita Barrows](#)
- [5 Great Podcasts on Eco Grief from The Mindful Fieldguide](#)

WORKSHOPS:

Climate emotions related workshops and offerings

- **Work that Reconnects** – Joanna Macy and the Work That Reconnects Network. Hold workshops internationally. Free workshops online (but ideally done as small group). Free resources online. Macy's books explain the approach. A new edition of *Active Hope* was just published. <https://workthatreconnects.org/>
- **Active Hope** – Utilizes above approach to face climate change with resilience and creative power. <https://www.activehope.info/> Free training: <https://activehope.training/>
- **The Whole Community** – Peter Forbes and the Center for Whole Communities. They address experiences of environmental change, historical injustices, and bringing about social change more broadly and have been convening/facilitating groups in personal/collective resilience-building since the early 2000s. Book of the same name explains their approach. <https://wholecommunities.org/>
- **Council for an Uncertain Human Future** – Just celebrated 10-year anniversary. Many of their resources and videos are free/available online. <https://councilontheuncertainhumanfuture.org/>
- **Good Grief Network**: Website, resources, 10-step program. <https://www.goodgriefnetwork.org/>
- **All We Can Save Project**: Guided sessions (“circles”) for small groups. <https://www.allwecansave.earth/circles>
 - **All We Can Save Project + Generation Dread**: Curated resources for “navigating the emotional terrain of climate truth”
- **Climate Emergence**: Jo Musker-Sherwood and invited speakers. Weekly 30-min convening. International / based in UK. Big focus on burnout from climate and environmental work. <https://www.climateemergence.co.uk/>

- **Adaptive Mind:** Susanne Moser and interdisciplinary team. Involves facilitation of in-person gatherings but is also an active research initiative.
<https://eos.org/wp-content/uploads/2019/12/adaptive-mind-overview.pdf>
- **We Become:** Emily Wright. “Lab” for organizational and community change in pursuit of social and environmental justice. Utilizes somatic approach. Explanation here:
<https://emily-wright.medium.com/climate-stress-lives-in-the-body-41df4af3e902>
- **MindfulFed?**
 - A first-of-its-kind interagency community of practice, offering guided meditations and more to support your intention to cultivate wellbeing and resilience. For now, we're gathering weekly and hope to do more with your participation and engagement.
 - As we launch this community together, some invitations:
 - **Come as you are:** All levels of mindfulness experience are welcome (newbies are especially welcome)
 - **Take it easy:** Join us when you can, leave when you need to, and camera off is A-OK. If you can't join this week, perhaps next week or the week after. Taking time to be mindful is not self-indulgent, but an act of service to yourself, your friends and family, and, yes, your colleagues
 - **Spread the Word:** We hope to improve the Federal Government's workplace culture through this relational space. So please share widely (Federal employees can send a blank email Mindful-FED-subscribe-request@listserv.gsa.gov to receive email invitations and updates.)
 - **Reach out:** Send questions, ideas, and any interest to get involved to MINDFUL-FED-ADMIN@listserv.gsa.gov

REPORTS:

- [Mental Health and Our Changing Climate: Impacts, Implications, and Guidance](#) (American Psychological Association, 2021)
- [Mental health and our changing climate: Children and youth](#) (American Psychological Association, 2023)

ARTICLES:

- [Climate Anxiety is an Overwhelmingly White Phenomenon](#): Building sensitivity to how experiences of ecological emotions may vary with race and environmental injustice

RESEARCH:

General References

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Specific Climate Change Related Phenomena Effects on Mental Health

Air Pollution

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