

# Managing Eco-Anxiety

Strategies to improve your mental health in the face of climate change



## Spend meaningful time in nature

Connect with nature and engage with its resiliency. If you have favourite parks or trails, go use them! A good start can be trying a [virtual nature walk](#), [meditation](#), or other [mindfulness activities](#).



## Connect with others

You are not alone! 78% of Canadian young people feel that climate change affects their mental health. Try to connect with family and friends about your concerns. Getting involved with local [environmental activism groups](#) can also help you find like-minded individuals.



## Be prepared

Having a contingency plan in case of local climate related events can help set your mind at ease. When you are feeling calm and ready, talk to your household about safety plans, and build a [safety kit](#).



## Focus on what you can control

Engage in eco-friendly activities and activism, and find meaning in your own positive impact. Focusing on the changes you can physically see can help fight eco-anxiety. There are many ways to begin [taking action](#)!



## Be mindful of your media intake

Stay educated on current issues, but try to avoid over-saturating yourself with distressing climate news. Make sure you're reading your news from reputable sources (such as [the Narwhal](#)) and consider [limiting your time](#) on the internet and social media.

## Practice self-care

Engage in activities that help ease your anxiety. Experiment with different ideas such as exercise, social time, meditation, or [breathing exercises](#). You can also set boundaries on when and where you want to have discussions about climate change.

## Foster hope and resiliency

Wherever possible, try to reframe and find hope in your circumstances. Mental health therapists can help you [improve these skills](#). Other resources include the [Hopecast](#) and the [Happy Eco News](#).

## Seek professional help

Remember that your mental health is important, and you don't have to cope on your own. Strategies such as [cognitive behavioural therapy](#) can help. Ask your doctor about how to connect with these tools.



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