

# Self-Care for Climate Activists



**Robert Feder**  
*American Psychiatric Association*



# Self-Care for Climate Activists

# **Robert Feder, M.D.**

- **Climate Psychiatry Alliance**
- **Medical Society Consortium on Climate and Health**
- **APA Committee on Climate Change**
- **New Hampshire Healthcare Workers for Climate Action**
- **No Coal No Gas**

# Feelings of stress

- Anxiety
- Irritability
- Sadness
- Depression
- Anger
- Pessimism
- Fear
- Fatigue
- Despair
- Grieving
- Guilt
- Powerlessness
- Hurt

# Techniques for Resilience

- **Relaxation Training**
- **Meditation**
- **Mindfulness**
- **Strengthening Spiritual Beliefs**
- **Healthy Diet**
- **Avoid alcohol and other substances**
- **Exercise**
- **Experiencing the natural world (Biophilia)**

























# **Strong Social Support is Essential!**

- **Family**
- **Friends**
- **Faith Groups**
- **Neighbors**
- **Climate-Oriented Support Groups:**
  - **Carbon Conversations**
  - **Climate Café**
  - **Climate Cares**
  - **Good Grief Network**
  - **The Work That Reconnects**

# Transcendental Meditation

# Mantras

**One**

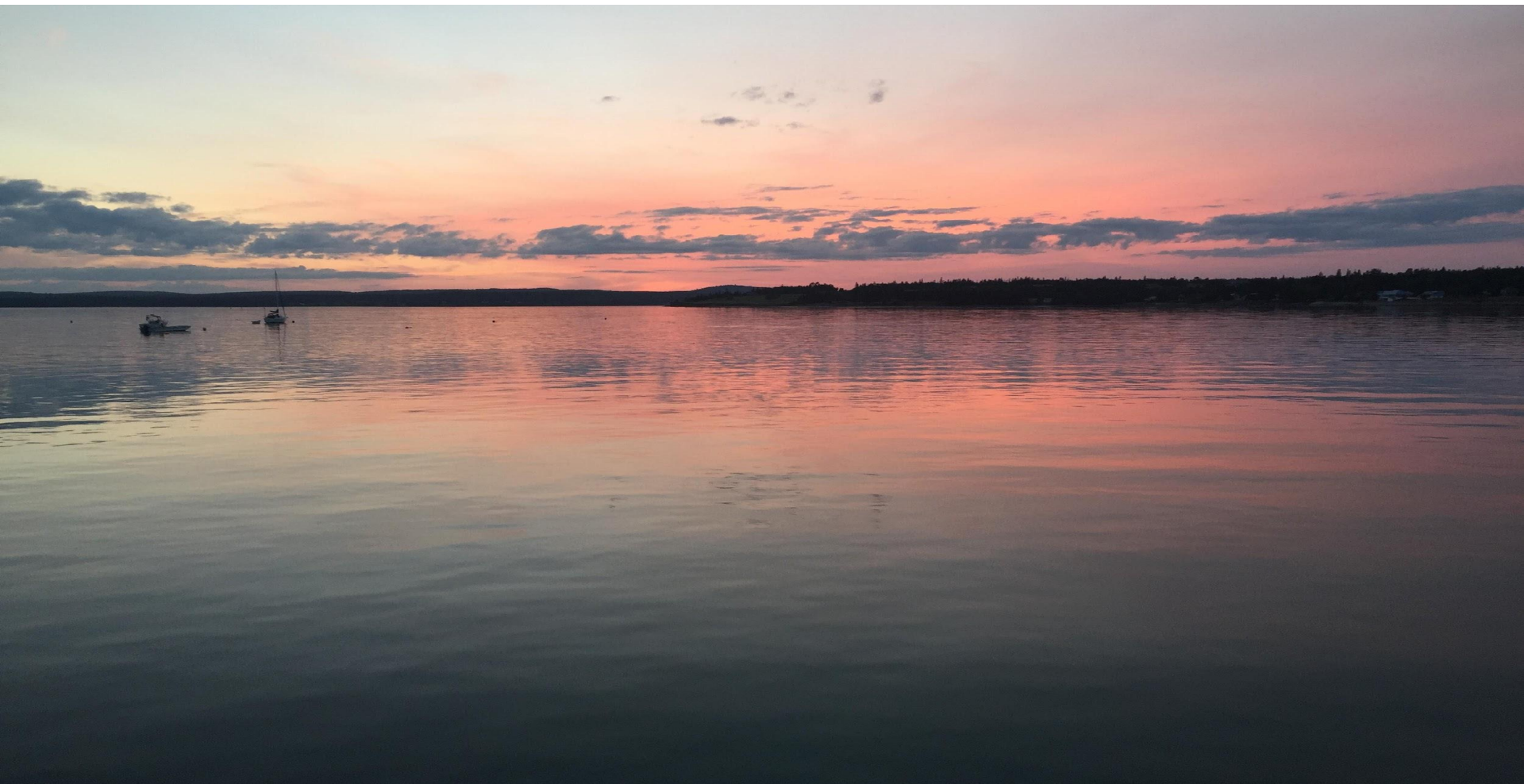
**Love**

**God**

**All**

**Om**





# Progressive Muscular Relaxation

