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