**🟈 A Sustainable Choice – Climate Change Anxiety**

As we witness the effects of climate change, how do we live and act and manage our mental health?

A recent article by Allie Volpe gives these suggestions in Vox.com:

* Face your emotions about climate change
* Take action in ways that support the planet and your mental health
* Limit your time online
* Focus only on today

Derrick Sebree, Jr., a clinical psychologist specializing in ecopsychology and multicultural identity counseling advises, “This is where we are now; we can’t change what happened, but we can impact what will happen. I don’t know what tomorrow is going to bring, but what can I do today…?”

Resource: **Anxious about climate change? You’re not alone.**

**Help your mind — and the earth — manage the uncertainty of climate change** by

Allie Volpe, July 2, 2023 [**https://www.vox.com/even-better/23778284/tips-cope-climate-anxiety**](https://www.vox.com/even-better/23778284/tips-cope-climate-anxiety)

Boulder University suggests “Focus on what you can control” with these examples:

* Participate in climate change initiatives
* Write or call legislators to encourage them to take action
* Build more sustainable habits around energy use, composting, recycling, consumerism
* Select food options that have less environmental impact (e.g., reducing the amount of meat you consume each week, growing your own vegetables, etc.)
* Change the way you commute
* Engage family and friends in meaningful conversations about climate change
* Donate to organizations or causes you care about

[**https://www.colorado.edu/health/blog/climate-anxiety**](https://www.colorado.edu/health/blog/climate-anxiety)

*Deb Faulkner for the Sustainability Committee*