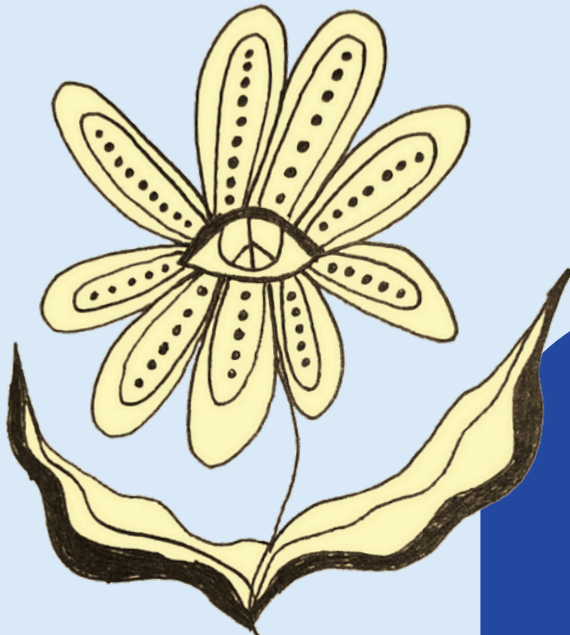




Climate
Mental Health
Network



GEN Z ZINE

Climate Emotions
& Actions



Music
Poetry
Art
Journaling
Self-care tips
and more!



Hi! Welcome to our zine :)

In this zine, Climate Mental Health Network's Gen Z Advisors hold space for all of us: the organizers, the researchers, the artists, the communicators, and the innovators. Here, we amplify our voices, share our knowledge, and build the collective power to demand a livable future. We created this zine not only to share and celebrate our unique strengths, but also to pass on the knowledge we nurture and grow daily. We are passionate and unapologetic in our demands for justice and equity. We are today's leaders, and together with our fellow Gen Z's, we have the power to be the architects of a sustainable tomorrow. As you'll soon see (or read, or hear), each member brings a unique set of skills, perspectives, and tools to support our generation (you!!) in co-creating better futures. We all could use a little light when the world feels dim. We hope that our zine will be that light for you all.

A recent study in The Lancet revealed a sobering truth: 85% of young people in the US are worried about climate change and its impact on their future. This is a heavy burden to carry. You're not alone in your anxieties and concerns. We created this zine with the hope that it provides a sense of community, comfort, and strength to face the challenges ahead.

Our zine is based on:

- **Recognition:** We acknowledge the widespread anxiety and fear surrounding climate change amongst youth.
- **Validation:** We emphasize that these feelings are valid and shared by many.
- **Support:** We offer practical coping mechanisms and tools for managing climate anxiety.
- **Empowerment:** We inspire hope and action by highlighting the power of individual and collective efforts.
- **Community:** We foster a sense of community and connection among young people concerned about the climate.

Here's to creating our future together,
Zoharia Drizin, Olivia Ferraro & Olivia Vesovich - Zine Editorial Team
Danielle Barnett & Rhea Goswami - Zine Design Team



ClimateMentalHealth.net



These resources are not a substitute for professional services when needed. In the United States, text or call 988 for a 24/7 crisis hotline.

For emergency mental health telephone numbers in other countries, go to:

findahelpline.com



How to Use This Zine

Feel free to browse through the zine at your own pace. Read the stories and listen to the playlist. Write down your own thoughts and feelings with the journal prompts and practice the action tips. Use this as a space for self-reflection and exploration.

Look for the following icons, if you're interested in particular themes:

Reading, writing, and education



Media and music



People and social



Art and nature



Inspiration and healing



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Launch Your Climate Journey in Your Community: A Guide

by Natalie Heller



The climate space can be very overwhelming and it can be hard to know where to start to take action. Action can look like so many different things. This list offers a few ways that you can get involved! Where to look first...



Do You Love to Read Books?

Check out your Local Public Library

Our Book Recommendations

- All the Feelings Under the Sun: How to Deal With Climate Change by Leslie Davenport
- What to Do When Climate Change Scares You: A Kid's Guide to Dealing with Climate Change Stress by Leslie Davenport
- Traditional Ecological Knowledge: Learning from Indigenous Practices for Environmental Sustainability by Melissa K. Nelson and Dan Shilling
- Resilience Thinking: Sustaining Ecosystems and People in a Changing World by David Salt and Brian Walker
- The Evolution of Calpurnia Tate by Jacqueline Kelly
- Braiding Sweetgrass by Robin Wall Kimmerer
- Our History is the Future by Nick Estes
- All We Can Save by Dr. Ayana Elizabeth Johnson
- What If We Get It Right by Dr. Ayana Elizabeth Johnson

Check out the articles and personal reflections in this zine.

Ask your local public librarian for any books on topics like environmentalism, climate change, and sustainability. Books are a great way to start learning about the issues that are important to you.

Ask your librarian if they know of any environmental organizations, groups, or projects happening in the community!



Do You Love to Watch Movies?

Watch a Movie or a Documentary



Similar to reading a book, if you want to learn about climate change, environmentalism, or ecology, a movie is the perfect way! There are often movies to borrow at the library, lots of videos on YouTube, and also streaming services.

- Gen Z Mental Health: Climate Stories
- Youth V Gov
- Plastic People
- Princess Mononoke
- Racing Extinction
- Chasing Coral
- The Lorax

Our Favorites





Do You Like To Hang Out with People?

Head to your school for opportunities or Go to a Local Farmers Market



Read about Climate Cafes in this zine!

- See if your school has an Environmental Club or Green Team. They may have activities and links to more places to get involved!
- If your school does not have a club, ask one of your teachers for support. This could be an environmental studies teacher or even an art teacher who cares about the environment. This could be an opportunity to start a club!

The farmers market is a great place to meet people and check out the stand that runs the market. They may have food sustainability and volunteer opportunities to check out.

Do You Like to Look Online for Inspo and Info?

Check out social media



One easy way to get information is to follow non-profits and organizations online! Instagram is a very easy way to get started to see what issues are current and what organizations are up to in real-time.

- Our Children's Trust
- Change.org
- Greenpeace
- Sage Lenier
- Sunrise Movement
- @queerbrownvegan
- @greengirleah
- @carissaandclimate
- @blackgirlenviron
mentalist

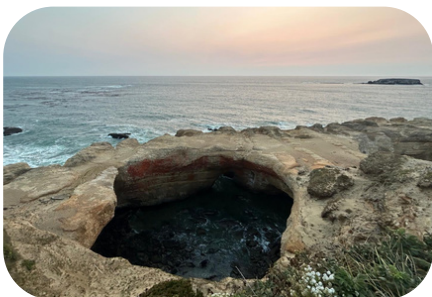
Our Favorites

Check out the art and poems in this zine for inspiration.



What if you feel tired on your journey?

Check out community care and remember to practice self care



Community Care

- Group catharsis, talking about your feelings with other people.
- Participating in self care with your loved ones, doing something you love like cooking or art with your friends and family.
- Attending a Climate Cafe (more in this zine).



What if you feel tired on your journey?

Continued

Self Care

- Figuring out where and how to get started can be overwhelming, frustrating, beautiful and so many other emotions! It is important to take time for yourself and not just work on climate 24/7.
- Be sure to take breaks and go outside!
- Nourish your body and rest.
- Practice gentle exercises like yoga and stretching.
- There are journal reflections throughout this zine. Get a notebook and start writing your thoughts.
- Express yourself! Write a waka poem, listen to music and dance, make art, write a letter, join a climate organization and/or reflect on how you show up as an ally, and more--there's lots of inspiration in this zine.
- Try affirmations. Tell yourself:
 - My thoughts and feelings are valid.
 - Take a break. I deserve it.
 - I care for the planet I live on.
 - I am fueled by my vision.
 - I am grateful.
- Name your climate emotions on the Climate Emotions Wheel (at the end of this zine).
- Check out tips and worksheets, creative art therapies, meditations and sound experiences, and more: <https://www.climatementalhealth.net/resources>



About Natalie Heller

Natalie is a sophomore studying environmental studies with a passion for the outdoors—hiking, snorkeling, diving, camping, and backpacking. As a mental health and youth climate activist, she naturally connects with this intersection. She's excited for everyone to enjoy the zine!



Journal Reflection

On this list, which items make you feel most excited to try first? Name any feelings you have about starting this journey.

Action Tip

Think of an adult or a friend you could talk with about your climate journey. Who could you share with as you get started?



Waka Poems to Express Our Feelings

by Zoharia Drizin



A waka is a form of ancient Japanese poetry, a longer version of a haiku (historically speaking, haiku are actually shortened waka). Waka are formed through groups of phrases in a 5-syllable, 7-syllable, 5-syllable, 7-syllable, and another final 7-syllable sequence. Often, these poems would be chanted or sung.



Historically, waka have included natural themes. Ancient poets used nature to express their feelings. As our relationship with nature is at the core of the climate crisis, these themes in waka can be modernized to express our relationship with the changing world.

The short form of the waka structure has also been really helpful to me in identifying and articulating climate emotions. In a crisis so complicated and vast, it's important to me to take a moment and simmer down my thoughts to the root sensations, experiences, and emotions that shape my climate anxiety.



Finally, we live in a world full of accessible knowledge. This is great, but it also makes it easy to bury our climate emotions under the weight of news articles, theories, politics, and others' lived experiences. I find that sometimes, access to all this information can take away from my ability to cope with loss and the suffering of others in the face of this global catastrophe. The simple yet complete waka challenges me to address and express my feelings.

Below, I have composed several waka regarding these themes.

November

A breeze on my face,
The warm sun brushes
my skin,
The birds chirp sweetly,
And cause me to
remember,
It's already November.



News

Unseasonably,
Conditionally different,
Not like the last time.
I wake up, then check
my phone,
Another record broken.



Greeting

Hello, snow, old friend,
Hello, wind, close confidant,
Hello, tree, first love,
I didn't mean to leave you,
Over the passage of time.



A Little Exercise

Now, I invite you to compose some waka yourself. I like to count out the syllables by tapping my fingers to keep track of how many I am using in each phrase. Honestly, It can be a frustrating task. Almost every time I write a waka, my notebook is filled with edits and modifications. Sometimes, I take a break with one and return with a fresh mind in a week or so. The process of composing the poem is meant to be difficult... It is meant to make us think about what we really want to communicate. So don't be hard on yourself if it takes a while! That means you're doing it right!

Here's a little template, but just remember, waka phrases are limited by the number of syllables, not the number of words.



Once you finish writing, try singing or chanting them out loud, pausing after each verse. Sometimes, reciting poetry can be just as healing as writing it.

Thank you for doing this exercise with me.
- Zoharia



About Zoharia Drizin

My name is Zoharia, and I am a recent graduate of DePaul University in Chicago, IL. In spring, I completed my master's in Sustainable Management, following an undergraduate degree in Environmental Studies. At college, I led DePaul's urban garden club, creating intentional human-nature relationships between my peers and our urban ecological environment. I have also been a volunteer educator at the Peggy Notebart Nature Museum, working with children and their grown-ups to learn about native species in the Chicagoland area. Through these experiences and my recent entrance into the professional world of sustainability, I have noticed how few outlets people have to understand and express their climate emotions. Thus, my work with CMHN's Gen Z advisory board has been essential to improving my skills in creating outlets for people my age.



Journal Reflection

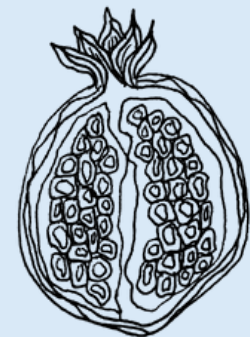
Try composing a waka in your journal. Reflect on the process: What emotions did it stir, and why did you choose the subject matter of your poem? Were you able to let go of your critical eye and be creative?

Now recite your waka. How does it feel to speak your waka? Voice and song are important parts of artistic expression.

Action Tip

Think of a friend you could read your waka poem to.

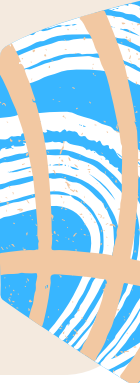
Better yet, have a waka poem writing session with a friend and read them to each other.





Navigating Climate Emotions: Addressing Climate Emotions in African American Communities

by Zion Walker



Many people are familiar with climate change and its potential physical effects on a country, population, or even an individual. But what about the mental health challenges that come with it? For some, there's a sense of despair watching parts of their country consumed by flames or a feeling of helplessness, as if nothing they do can make a difference. Others experience anxiety about the climate and the uncertainty of the future –commonly referred to as eco-anxiety or climate anxiety.



Whether or not you've identified these feelings in yourself, studies show that marginalized groups, particularly African Americans in the U.S., tend to experience these climate-related emotions more intensely, often with long-lasting impacts. More than half of African Americans in the United States live in the South, which is an area vulnerable to numerous natural disasters. Also, many African American communities are near power plants and other factories that are major sources of pollution. Last but not least, urban heat islands are disproportionately affecting African Americans (edf.org). Overall, African Americans are 40% more likely to face a higher impact of climate change than caucasians (epa.gov).

How can African Americans address climate grief, anxiety, and other emotions, especially given that they are disproportionately affected by climate change? One way to channel these emotions into action is by joining support networks such as the NAACP Environmental and Climate Justice Program, the Black Hive, the Congressional Black Caucus, the BlackOak Collective, the National Black Environmental Justice Network, or other organizations that integrate climate justice into their efforts to combat climate change.



While channeling these emotions into action—such as advocating for climate justice or reducing personal environmental impact—can be empowering, many African Americans are already navigating systemic challenges that can be draining. In these cases, it may be equally valuable to prioritize more restorative approaches, such as engaging in activities that are meaningful yet relaxing, to foster resilience and well-being. Some examples, that are not limited to African Americans, are connecting with nature through taking walks or soft gardening, meditation and breathwork, journaling, practicing self care, and incorporating healthy routines like exercise.



About Zion Walker

Hi, I'm Zion. I am a freshman, in college, majoring in biomedical engineering at The University of Michigan. I am a mental health and climate activist. I also do research in neural and tissue engineering.



In Your Journal

For African Americans - Journal Reflection:

Would it help you to be part of the efforts of an African American climate organization in this period of your life? Or, do you just need to refocus on your own well-being? How do you feel as you consider that choice? What motivates you?



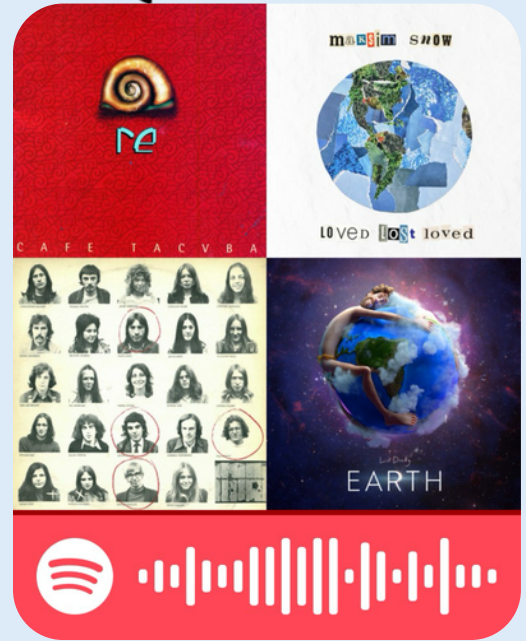
For non African Americans - Journal Reflection:

How do you feel as you consider that African Americans are disproportionately affected by climate change? As a non African American person who cares about the climate, how might you be a better ally to African Americans in your community? Would it help you to study more about how African Americans are impacted harder by the climate (including safety, health, and finances) than white populations? Notice your own feelings and motivations.



MUSIC: MY REFUGE

by Laurel Tamayo



Music has always been my refuge helping me navigate big emotions, from grief to gratitude. I found myself longing for a playlist crafted by people who, like me, deeply care about climate change and experience overwhelming emotions when thinking about the future of our planet. These songs came together when I asked others to share “a song that helps you feel grounded when you’re uneasy about climate change or the future.”



Journal Reflection

Music can help us connect to our feelings, everything from expansive hope and love to deep grief. How does listening to music help you work through sensations in your body?



Action Tip

Find a private space where you can be alone. Notice the sensations in your body before you start. Do you feel tension or fatigue? Listen to the playlist. Dance! Shake, wiggle, or move however your body wants to. Sing! Let loose. When you’re done, notice your physical sensations again. (If you have a friend or two that you feel really comfortable with, you could have a mini climate dance party together!)



About Laurel Tamayo

Laurel is passionate about communicating the climate crisis through film & TV. She directed the award-winning short documentary, *Healing Lahaina*, about her family's experience with the 2023 Lahaina wildfire, climate change, and community resilience. In her free time, she enjoys capturing the beauty of birds through photography and videography.

Can we Cauterize this Wound? by Olivia Vesovich





Artist Statement

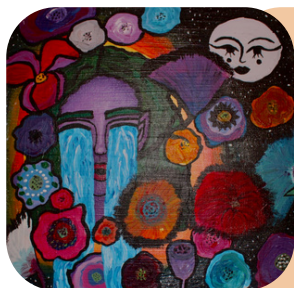
by Olivia Vesovich

Can we Cauterize this Wound?

Acrylic, canvas, glitter.
(centerfold of zine)

Spider Grandmother, Hopi Kokyangwuti, an important creator in Diné, or Navajo teachings, grieves for her grandchildren who are now gone because of fossil fuels. The extraction and use of fossil fuels is an intersectional dilemma. Indigenous peoples, especially women, are violently harmed by this industry. Their waterways are polluted by pipelines pumped through their reservations. The fossil fuel industry operates like a hydra, each severed head replaced by another until we address the root cause of the climate crisis. In Greek mythology the hydra is killed by Heracles; he is only able to do this by cauterizing the wound, ensuring the hydra would not be able to grow back new heads. Can we cauterize the oily heads of the fossil fuel industry or will they drown in the oil as we also do?

This piece is a darker exploration but the catharsis I felt after making this piece is why I made it. When we talk about climate mental health, we can explore all facets. The control the fossil fuel industry has over our world devastates me to no avail. I dream of a future where everyone thinks it is ridiculous that it took the 21st century so long to modernize, civilize and finally use renewable energy sources. This piece is an exploration of how ridiculous it is that we are using fossil fuels, just to inevitably drown ourselves in them.



Gaia

Acrylic, Canvas
(back cover of zine)

Gaia, Mother Nature, grieves for her body as I grieve for our world. Her waterfalls symbolize the tears I have cried. I feel like an outsider, watching this planet be destroyed while those in power consume and destroy this planet. The world is on fire. This is a time of great despair. But hope grows in even the least hospitable environments. Flowers represent growth and transformation. These perennial plants take times of rest before growing into their full power. Hope may have seasons of despair, so we must plant our seeds of hope to be reminded that in grief there is love and space for new growth.

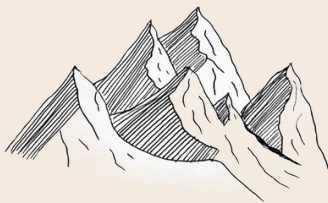
About Olivia Vesovich

I am a passionate climate activist and artist, currently pursuing degrees in English and Women, Gender & Sexuality Studies at the Davidson Honors College, University of Montana. My climate work blends activism with art, reflecting my deep commitment to intersectional social and environmental justice. All of these issues—fossil fuels, plastics, systemic exploitation—take a profound toll on mental health. For me, art is both a solace and a form of resistance. It provides a medium to process complex emotions and communicate the urgency of these issues. Through my work, I hope to foster connection, spark dialogue, and inspire collective action toward a more just and sustainable future.



Journal Reflection

What are examples of your voice or your actions having an impact? When did you do something you were nervous or scared about but ended up being proud of afterwards? What is healing for you?



Action Tip

Make a list of the ways you want to start or continue your climate activism. Make a second list for the ways you want to start or continue your self-care. Try to do one simple action for the climate and one action for self-care this week. If it helps, make a note in your calendar or a reminder on your phone. If you have a friend who is also concerned about the climate, or if you are part of an environmental club, you could suggest that everyone makes these two lists and then shares about their two actions for the week. Also, some actions can be for the climate and for self-care at the same time (Olivia's two paintings are an example of this).

Why Be a Climate Activist?

by Olivia Vesovich



My journey with climate mental health began in my 6th-grade Earth Science classroom. It was a typical day, and my teacher was giving a lesson on Glacier National Park. Then she said something that completely rocked my world: our children's children would be the last to see the glaciers in the park. Climate change had never been explained to me in such a tangible way before. In 2014, it was still treated as something abstract, a distant future problem rather than the present crisis it is. It became real for me in an instant. I felt shock and despair, but I didn't have the language to talk to anyone about it. I knew I needed to be part of saving this, but I had no idea how or where to start.

When I entered high school, I played on the basketball team and joined S.A.V.E. (Students Against Violating the Environment), a student-led environmental club. I became involved with climate organizations like Missoula Climate Strike and the Sunrise Movement. At 15, I gave my first climate speech in front of over 200 people. My legs went numb as I walked up to the podium, clutching my notes like a lifeline. I was terrified, yet when I opened my mouth, people listened. That moment reinforced something I'd been slowly realizing: even young voices can have power.

When I was 16, my activism reached a turning point: I became a plaintiff in *Held v. Montana*, a historic lawsuit where a group of 16 youth plaintiffs sued the state for violating our constitutional right to a clean and healthful environment. We were the first plaintiffs to testify about how climate change personally impacts us. And! We won. We actually WON. It still feels surreal to say that. That victory wasn't just a win for Montana—it was a win for youth activists everywhere, proving that our voices matter. Youth have been at the forefront of every social movement and we have the most at stake right now. Your voice matters! Use it!

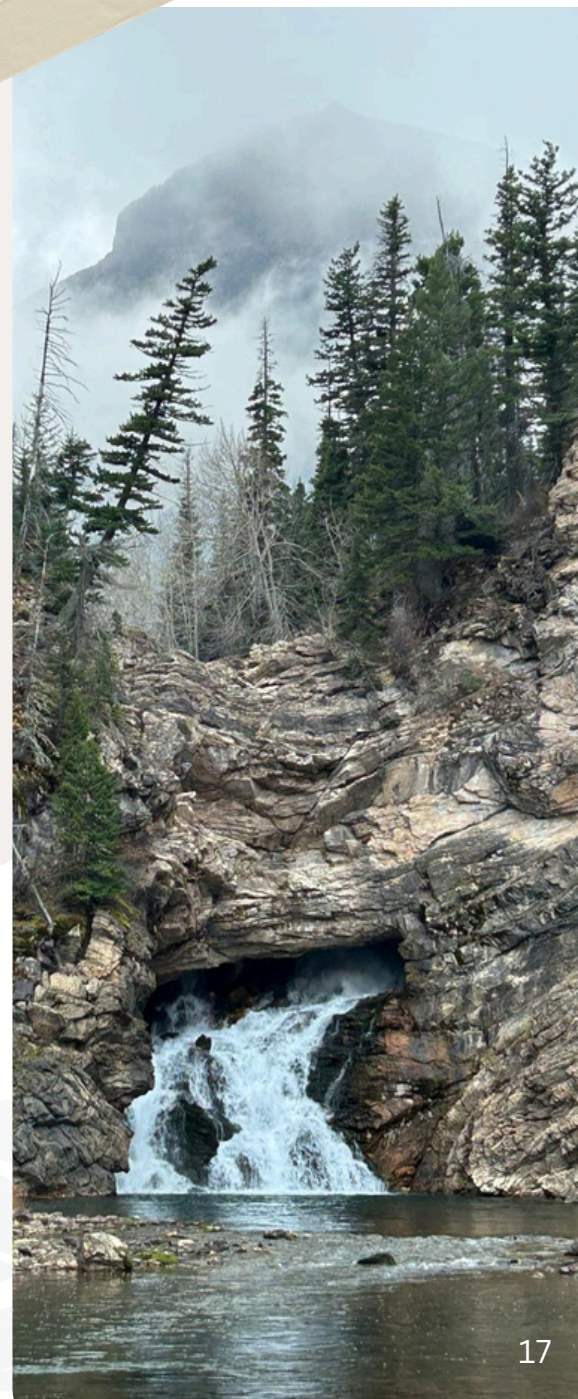


Before giving my testimony, one of the plaintiffs' counselors gave me some tips on how to regulate myself (they were mostly breathing tips, but they really worked). As I walked up, I felt anxiety, though once I sat on that stand, I knew what I wanted to say. I cried, talking about my despair and the devastations of climate change. I looked right at Montana's lawyers and told them how this state was violating my rights. I looked right into the eyes of the judge and asked her to truly listen to the voices of the plaintiffs, the expert witnesses, and the Montana Constitution. And that is exactly what she did. No matter how scared I was about being so vulnerable and raw, I knew I had to be. Harnessing my feelings to enact change was empowering.



I am a climate activist because I believe that future generations deserve to have childhoods untouched by the weight of the climate crisis. Kids should be free to run around, make art, and worry about their next basketball game—not the survival of the planet. That's the world I want to help build, and it's why I'm so passionate about inspiring others to take action.

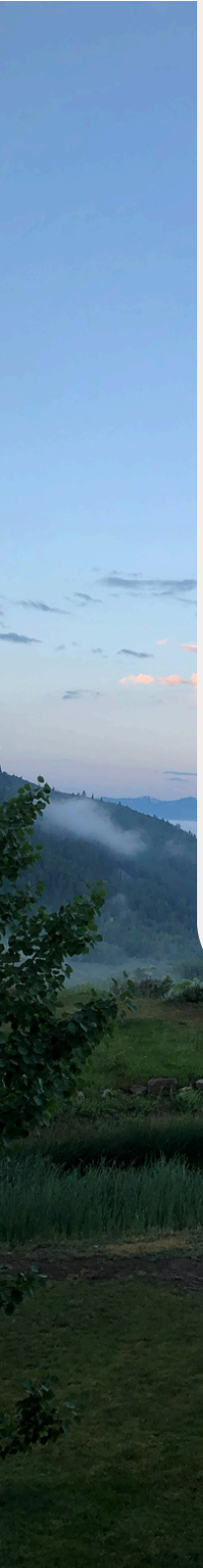
Activism isn't without its challenges though. At 15, in a room filled with older activists, I heard them speak with a nihilism I wasn't prepared for. They had sacrificed so much—careers, personal lives—and seemed resigned to the idea that the battle might already be lost. I felt my heart break as the enormity of it hit me again. I realized that climate change would touch every part of my life. That I might not be able to visit my family in Croatia because of the environmental cost of flying. That I might never have a family of my own.



The joy I imagined for my future seemed to evaporate as I thought about our world on fire. I burst into tears. While I usually prefer to be alone when I cry uncontrollably, something about our shared grief let me stay in the room and be held by their support. I needed that connection, I needed other people who understood how I felt in my deepest state of despair. I didn't know if I had the energy to keep working towards something that so many people felt was fruitless. But something deep inside me pushed back. I realized that activism is about finding community, channeling grief into action, and choosing hope even when it feels impossible. My hope has claws. I fought for this hope because it is the only way I can keep going. This work is not without hard effort, but it is work that fuels my spirit.

Activism, for me, is as necessary as breathing. It's how I heal—myself, my community, and, in some small way, the world. However, I've learned that it must be sustainable. You have to align your activism with your values and your limits. You can't pour from an empty cup, and you can't save the world if you're constantly running on empty. Being a good activist is not about burning yourself out trying to fix everything. It's about finding your unique strengths, passions, and ways to contribute while staying grounded in who you are.

If there's one message I'd leave for anyone struggling with climate mental health issues, it's this: feel what you feel. My emotions about this crisis change daily. What you are feeling is normal. It honestly is the only realistic response to this disaster. You are not alone. No matter how much it feels like the weight of the world is on your shoulders, it is not. We share this burden. People in your local community share these feelings. Find them. Organize at the grassroots level. And spend time with the land. Go forest bathing, hug a tree, start a community garden, watch the sunset, do anything that can ground you and remind you why you care so much. It is beautiful that you care as deeply as you do. Together, hopefully, we will create a stable climate where future generations get to love this land just as we do.





Dear Diary

by Madigan Traversi

I have always loved the rain. Rain is fire's remedy. Summer's heat is washed away and the moist fall air makes me feel like I can breathe again. The world is saturated with color, begging me to dance outside in the grass while simultaneously giving me the permission to curl up inside by my window and do nothing at all. I am relaxed; I am alright. I count the drops of rain on the window. One, two, three. One rolls down the glass and I follow it with my eyes as it merges with another and disappears. Four, five, six. Enough to make puddles in the sidewalk's divots. Seven, eight, nine. One thousand. And now I can't count them anymore, and my phone dings with a text message: a map of which roads to avoid on my way home. Flooded. Closed. Too dangerous. One drop of rain has turned into news reports of people stuck, people scared, people out of business. I don't want to watch it anymore, now that fire's antidote is as dangerous as fire itself. Now that every drop of rain represents danger, fear, and displacement. Now that it represents the stark reality of nothing in moderation, and every droplet is a tear as the planet cries for help. I cry alongside it as I realize the rain is not the enemy. We are the enemy. Dear diary, I don't want to poison the thing I love the most. Tell me how to fix this.

Sincerely, Madigan



About Madigan Traversi

Madigan is 19 years old, and a sophomore at UC Berkeley. She is majoring in Rhetoric & Public Discourse, with hopes of combining activism with the arts to make a social and environmental impact. Outside of school, she is passionate about reading, rock-climbing, theater, dogs, and going on adventures.



Journal Reflection: We have all been affected by climate-change driven natural disasters. What emotions describe how you have felt when experiencing these events? Choose 3 emotions from the Climate Emotions Wheel (at the end of this zine) and write about them.

Action Tip: Climate change affects our external world (like fires and floods) and our internal world too. Sometimes there is nothing external we can fix in the moment. Yet, one often overlooked action is to express our own experience and our climate emotions, because self-expression is part of self-care. Try writing a letter in your diary (like Madigan did) to yourself or to Mother Earth. In this zine, you could also try using the Climate Emotions Wheel, writing a waka poem, listening to the playlist and dancing, making art, and using the journal reflections. Consider talking about these feelings with people you trust; climate distress is a normal reaction to the state of our planet.

Maybe I should go to a Climate Cafe?

by Olivia Ferraro



If you feel distressed about the climate crisis, one of the most important things you can do is talk about it with people in your life. We cannot fix this problem if we are disconnected.



A Climate Cafe is:

- An informal, open, respectful, and confidential space to share emotions about the climate emergency
- A space for exploration of thoughts, feelings and experiences rather than actions
- A calm, reflective haven from business as usual
- An opportunity to listen and hold space for each others' emotions without trying to fix them
- A community for those who feel distress about the climate emergency



Climate Cafes are not:

- Aimed at leading participants to any conclusion or action (actions can be discussed, but reflection is the priority)
- A substitute for clinical therapy; they compliment, but do not replace mental health care



Why should I attend?

- Studies show 85% of youth are concerned about the climate crisis, but many underestimate how much others care
- Engaging in community conversations about the emotional impacts of the climate crisis and how deeply we care is the first step to overcoming our perceived disconnection with the living systems of the Earth
- Honest discussions about climate are crucial for demanding change and reshaping our collective priorities



Where can I find a Climate Cafe?

- Both virtually and in-person options exist. Climate Cafe NYC and the Climate Psychology Alliance often host virtual cafes.
- In a search engine, type "Climate Cafe" + "your area." If you're unable to find one, consider starting your own after attending a training! If you need a climate cafe, trust that others in your community also do. Here's one central place you can start looking:
<https://www.climatepsychology.us/climate-cafes>.

Who can attend?

- Anyone wishing to share their feelings about the climate crisis and listen to others
- No prior experience or knowledge required
- Many climate cafes are donation-based, with low-cost options if ticketed

We need to see each other seeing the problem, feel each other feeling the problem, and find each other to solve the problem. We're in this together. <3

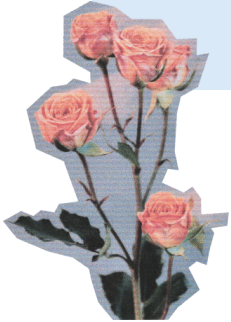


Journal Reflection



As a young person at this time on our planet, attending and hosting climate cafes has been a lifeline for Olivia. They help her feel connected to peers who share deep concern, grief, and anxiety about our current predicament.

Do you feel alone in your climate distress? Could having more honest climate conversations benefit you and your community? What do you want to share with others? Normalizing climate conversations is important work we all must build together.



Action Tip

Look for a virtual or in-person Climate Cafe and put it in your calendar. If you're too shy to go alone, invite a friend to attend too. If you can't find a Climate Cafe that fits you, or if you'd rather something smaller, ask a friend or two to have a climate conversation. You could read this zine aloud, look at the Climate Emotions Wheel, and have a conversation—the only guideline is to have a safe and supportive space.

Here are some conversation prompts to help you get started:

- When was the first time you felt distress about the climate emergency?
- How does the climate crisis impact your relationships with your family, friends, partners, etc.?
- What emotions come up when you think about future planning in a warmer world?



Olivia Ferraro is an investor and climate activist based in New York. After graduating from Harvard University, she co-founded Climate Cafe NYC, an organization that hosts regular climate cafes in NYC. She is passionate about reconnecting with people and the planet, slowing down, and continuously learning more on the subjects and skills about which she is passionate. She hopes to build a life full of meaning in this time of deep uncertainty about the future young people will inherit.



Reflections

by Rhea Goswami



My road to becoming an environmental justice activist was not a straight-forward one. However, it ultimately was one that began with spending time with nature and the beliefs taught to me. I was taught that we must offer gratitude and protection to the Earth as she sustains us. I love the Earth and I am sure you do too. I am the daughter of two Indian American immigrants, and this part of my identity has informed the majority of my activism. My parents came to the United States to seek better opportunities for themselves and us. Hearing about the uncertainty of tomorrow has left me feeling like I can never do justice to my parents' sacrifice and their belief in the American Dream. Originating from a country in the Global South, where the effects of climate change are like nothing we have seen before, has left me unable to visit my relatives and grandparents. It is a sustained heartbreak. A lot of this zine is incredibly inspirational, and I encourage you to take a look at all the hope in each page. This piece was meant to be a love letter to those experiencing similar heartbreak – I hope you feel seen by my piece.

About Rhea Goswami - Zine Design Team

Rhea is an environmental justice activist and a student at Cornell where she researches how to make improvements to sustainable transportation systems using math. She is the founder and executive director of the Environmental Justice Coalition, which is a national organization focusing on working with youth and communities to progress environmental justice efforts.



Journal Reflection

Take the time to take a step back and breathe. Think about things that you have lost due to climate change and focus on this loss. How does it make you feel? Journal about it and think about who in your support circle you can talk to about this sense of loss because it is important to grieve as well.

Action Tip

What are your interests? Think to yourself about things that you love doing in your free time and that you would like to share with other people. Every interest can be intertwined with sustainability. I encourage you to think of ways you can combine your existing interests with the environment and how you can involve your family and friends as well.



About Danielle Barnett - Zine Design Team

Hi I'm Danielle Barnett. I've had the honor of doing on the ground environmental and activism work through Patagonia for the past few years. I've used my platform to uplift the voices of the DMV community to create sustainable and lasting changes in both the environmental and social justice fields. I work closely with BIPOC community members to encompass a representative collection of voices while ensuring equity for every nonprofit I am privileged to serve.



Climate Emotions & Self-Care

After a year of community building and personal exploration, our Gen Z Advisors have created this zine in the hopes of sharing some inspiration and courage.

May the voices of our Gen Z Advisors remind you to: Practice naming and feeling your climate emotions. Take time for self-care. When you're struggling, reach out to a safe person for support. When you have energy for climate action, try to work with others—both to amplify your efforts and to strengthen your community support network.

If things seem like a lot and you're feeling overwhelmed, check out the "Roots and Grounding" guided meditation. If you're having big feelings, check out the "Feelings, Gentleness & Compassion" guided meditation.



Roots & Grounding



Feelings, Gentleness & Compassion

Climate Emotions Wheel



Also, Climate Mental Health Network has a lot of free resources. Download the Climate Emotions Wheel, watch the Gen Z film, try the self-care and taking action worksheets, or listen to a sound experience.

www.climatementalhealth.net/resources

Especially in hard times, please take good care of yourself and one another.

About Bonita Eloise Ford - Gen Z Program Lead

Author of "Embers of Hope: Embracing Life in an Age of Ecological Destruction and Climate Chaos" and of "Climate Care," Bonita helps people cope with and address eco/climate breakdown. She is a speaker and an environmental educator, and she has facilitated groups for over 20 years.





Climate
Mental Health
Network



Gaia

by Olivia Vesovich