



Climate
Mental Health
Network

So Much Beauty to Fight For

What will you work to protect?

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Although the planet and its creatures are suffering right now in many ways, there is still so much beauty in the world. There are still ancient, old growth trees. There are still meadows filled with wildflowers. There are still savannahs where elephants and antelope roam wild. There are rivers swimming with salmon, and oceans that still hold within them worlds of fish and dolphins and whales and sea grasses and an abundance of natural living things. Clean air, clean water, and clean soil still exist on this planet.

There is still so much beauty to fight for.

There are also so many good people in the world. People who are working hard to make the world safer and healthier. Children who are naturally sweet and compassionate at their core, and looking to us to learn how to live in this world.

As we are poised on the cusp of a new year, take a moment to think about what or who you want to work to protect. Maybe it's a place you cherish; perhaps a beach, or a mountain, or a woodland that is particularly special to you. Maybe

it's an animal species you care about. Perhaps it's the ocean or the rainforest. Perhaps it's a child or children that you care about, and want to see live a happy and healthy life.

Who or what will you resolve to help protect in the coming year?

As we come into the new year, know that you can return to this source of motivation and inspiration at any time throughout the year and beyond, whenever you feel tired or hopeless and need a reminder of what drives you to do the deep, challenging, and meaningful work of fighting for our planet.



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