



Climate
Mental Health
Network

Taking Action & Self Care Worksheets

ClimateMentalHealth.Net

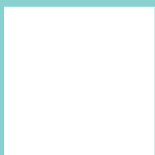
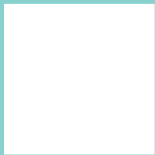
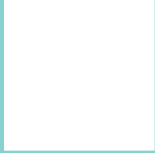
These recommendations are not a substitute for professional services when needed. In the US, text or call 988 for a 24/7 crisis hotline. For emergency mental health telephone numbers in other countries, go to: findahelpline.com

Before you begin the worksheets, take a couple of minutes to pause and relax. If you're with others, do it in silence. Daydream, meditate, draw, write, move, sing, or do whatever you find helpful to slow down. This will help you to be more focused and creative as you go through the worksheets.

What is your vision for the world?



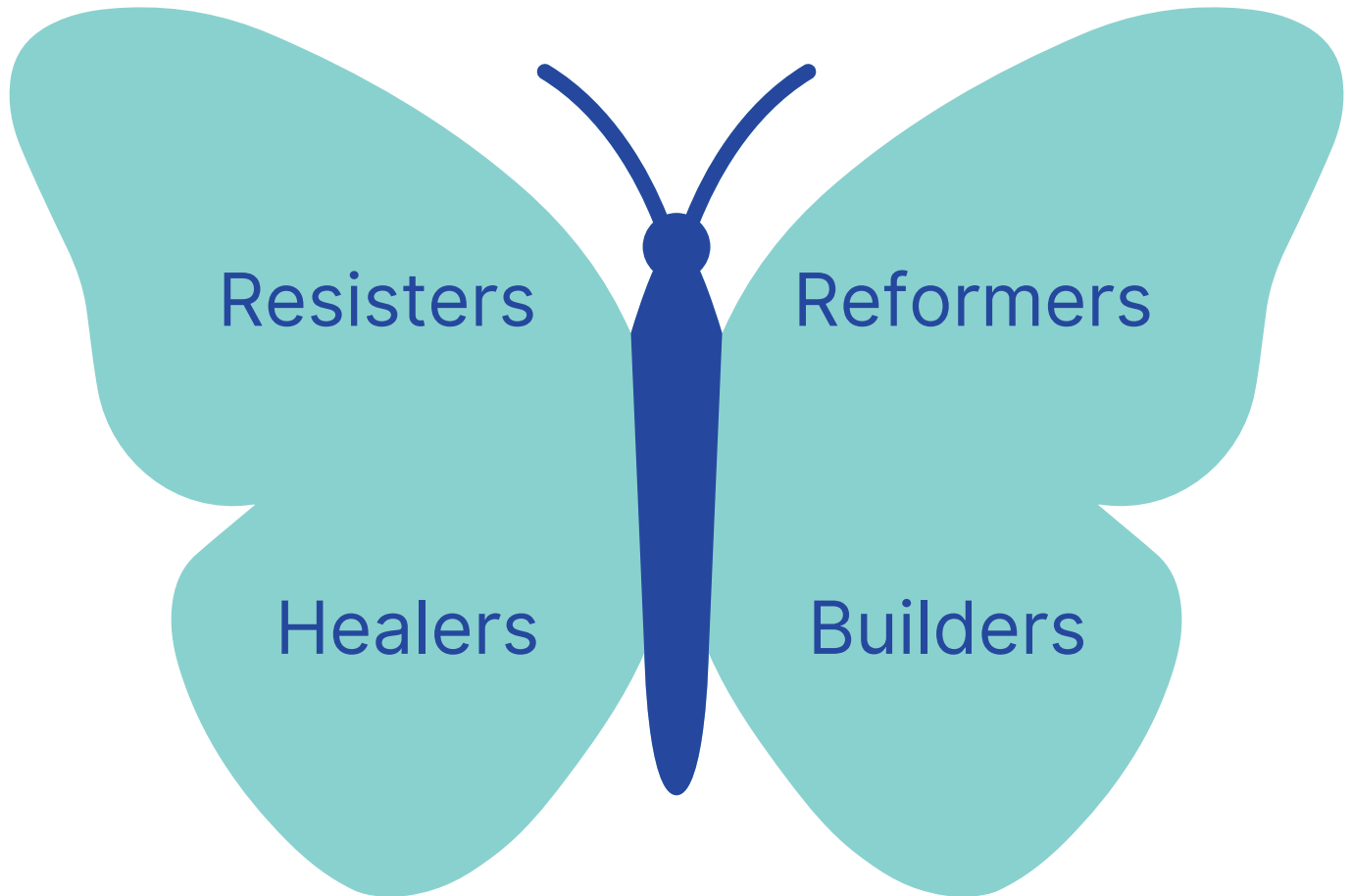
What inspires you to take action to address the climate crisis?



Climate Action Venn Diagram
by Ayana Elizabeth Johnson. The
worksheets in this guide will help you
create your own venn diagram to
determine your climate action.



Using the butterfly model of transformative social justice, Leah Penniman described the four wings of movement change as:



Examples of each (you can be more than one!):

Resisters: protestors, direct actions

Reformers: educators, advocates, lawyers

Builders: creators of alternative & new systems

Healers: therapists, artists, musicians

Addressing the climate crisis:

what are your interests or skills?

(ex. art, science, advocacy, writing, cooking)

"Apply your skills to heal the world."

-Joanna Macy



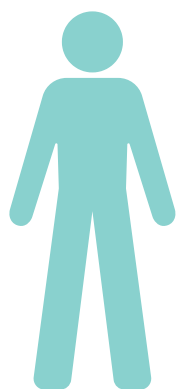
The climate crisis requires systems changes that start with local actions. What issues do you believe are important to address in your community? (*ex. education, energy, nature protection, transportation,)*)



How can you use your skills to take meaningful climate action in your spheres of influence (e.g. home, school, work and community?)



Community: There is no climate hero to save us. We all must act together to address the climate crisis. Who can you connect and work with?



What resources do you HAVE to take action in your community?



What resources do you NEED to take action in your community?



Who are your supporters to help you take
action?

*(ex: parents, friends, siblings, teachers,
colleagues, faith leaders)*



And who do you support?

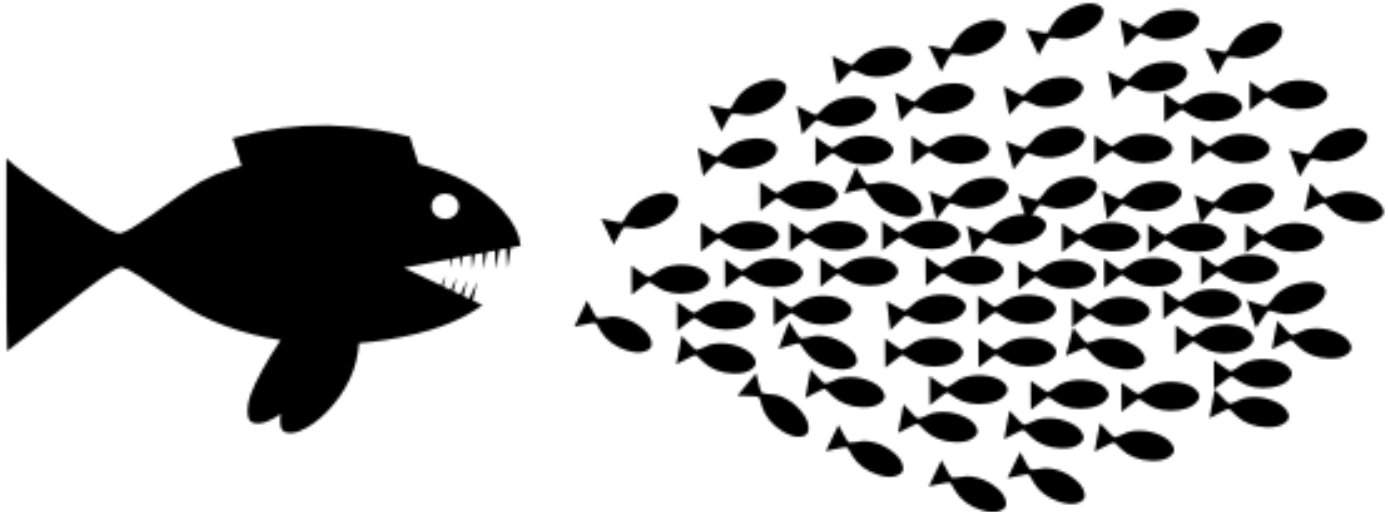


The Midwest Academy Strategy Chart

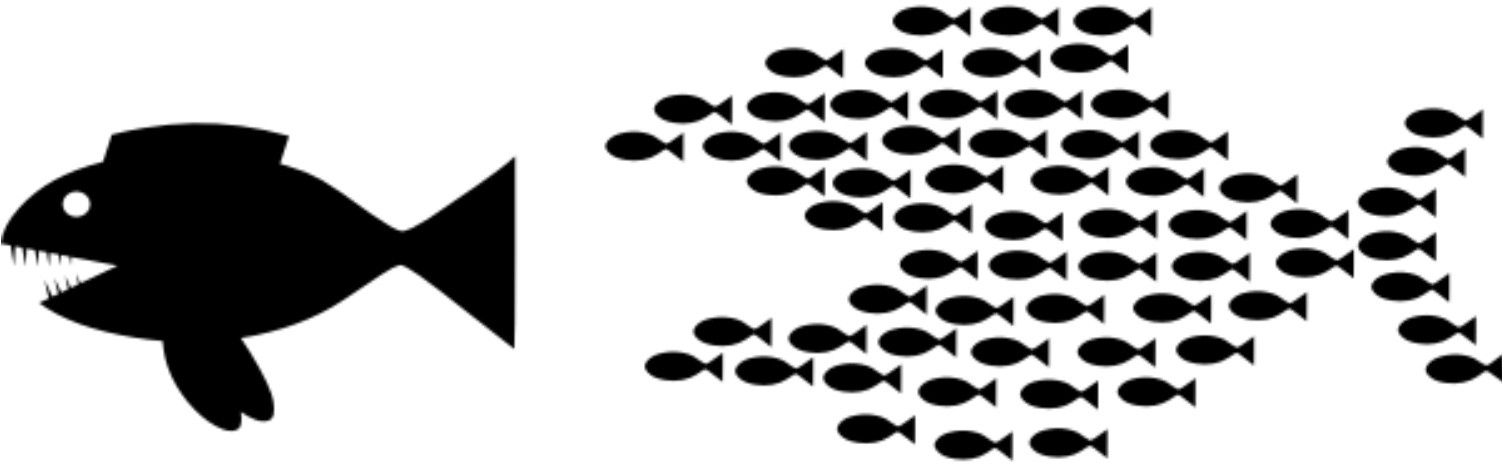
Goal	Decision-Maker	Organizational Considerations	Constituency People Power	Tactics
<p>Long-Term Visionary Goal What you really want. Example: Fair and livable wages for all workers in state! Are impacted communities a part of process?</p> <p>Intermediate What you are trying to win now. Example: \$15 state minimum wage law. How will you make sure victory secures equity? Does affect different groups differently?</p> <p>Short-Term A step to the Intermediate Goal. Example: Get Rep. Smith to vote yes. <i>Goals are always concrete improvements in people's lives!</i></p>	<p>The person who has the power to give you what you want!</p> <ul style="list-style-type: none"> Elected or appointed or corporate? Do you have electoral or consumer power? Analyze your potential power over them very concretely so that you can use it strategically! <p><i>Always a person with a name, not an institution!</i></p> <p>How does the decision-maker talk about/ignore race, gender, sexuality etc.?</p> <p><u>Are there divisions in the decision-maker's base along identity lines?</u></p>	<p>What resources can you put in now?</p> <ul style="list-style-type: none"> Number of people? Social media lists? How much time? Meeting space, copiers, etc. Money? <p><i>Be Specific! Use numbers!</i> How will you engage impacted communities in campaign development?</p> <p>How will you build your organization?</p> <ul style="list-style-type: none"> How many new members? Money to raise? New leaders? Public recognition <p><i>How much? How many? Be specific!</i></p> <p>Internal problems? <u>How to solve/reduce.</u></p>	<p>Who cares about the issue?</p> <ul style="list-style-type: none"> Whose problem is it most directly? What do they gain if they win? Who else will be an ally on this issue? What power do they have over the Decision Maker? How are they organized; where can you find them? What risks are they taking? <p><i>How many? Be specific!</i></p> <p>Are there cultural factors to account for? What oppression analysis do they bring? Are there power differentials?</p> <p>Opponents? <u>Can you neutralize or divide any opponents?</u></p>	<p>How you will show power to the D-M so they will say yes to the goals?</p> <p>1. Show power directly to the Decision-Maker</p> <ul style="list-style-type: none"> Letter writing Petitions Phone calling Social Media Tactics Group Visits to Decision Makers Media Events Rallies, Actions Public Forums Strategic Civil Disobedience Etc., etc. – be creative! <p>Are your tactics culturally appropriate? How will you talk about race/identity publicly?</p> <p>2. Public Education and Organization Building</p> <ul style="list-style-type: none"> Teach-Ins Media events, etc. Social Media Rallies/Banners



The impacts of collective action & organizing



ORGANIZE!



Each climate action we take can make a difference.

What are the potential ripple effects of your climate actions in your home, community, region, nation and the world?



We are all imperfect humans. There is no perfectionism when taking climate actions. It's about doing our part to make progress. What are ways to celebrate and recognize positive impacts and progress?



How do you practice self care to prevent burnout in your activism?

(see tips at climatementalhealth.net/resources)

Physically.



Mentally.



Emotionally.



Spiritually.



Where, when, and how do you give yourself time to unplug and rest?

“Treating each other and ourselves with care isn’t a luxury, but an absolute necessity if we’re going to thrive. Resting isn’t an afterthought, but a basic part of being human.”

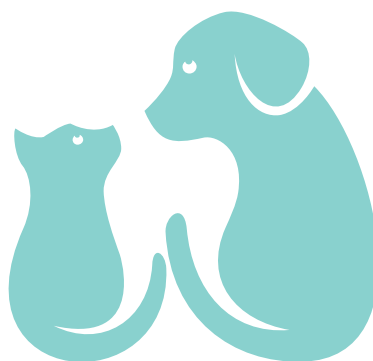
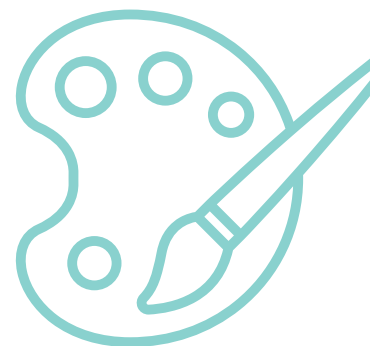
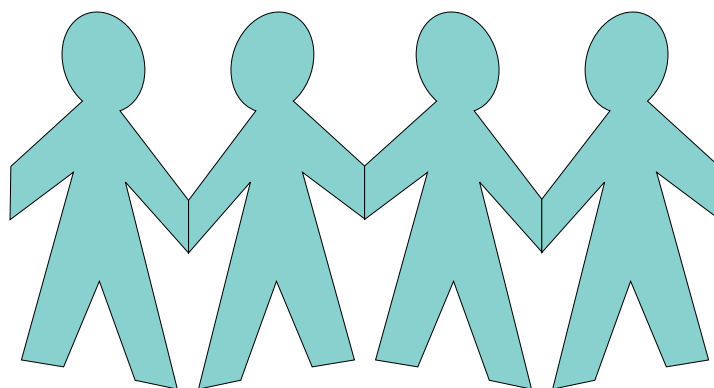
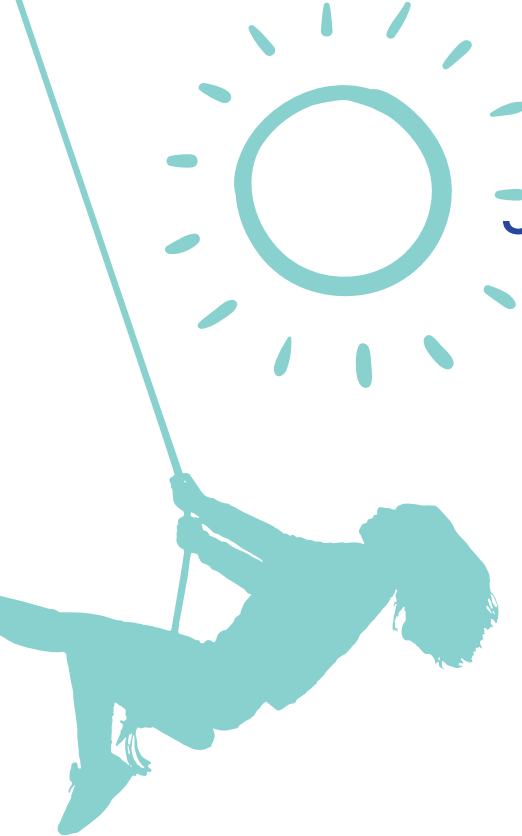
-Tricia Hersey, Rest is Resistance: A Manifesto



Who can you talk to if you are feeling overwhelmed, burned out, exhausted, etc.?



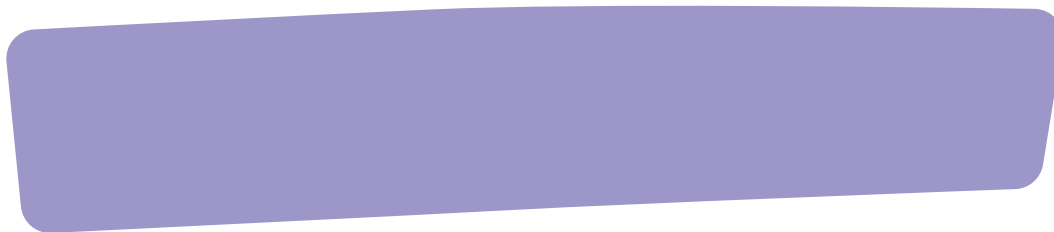
Joy and Gratitude



Experiencing joy and gratitude in your daily life are a key part of self care.

What brings you joy?

What are you grateful for?



More Resources

[ClimateMentalHealth.Net/Resources](#)

[Active Hope](#) by Joanna Macy

[Work That Reconnects](#)

[Midwest Academy](#) & the [Strategy Chart for Organizing](#)

[Climate Action Venn Diagram](#)

[CMHN Recommended Books List](#)

[Project Drawdown: Climate Solutions](#)

[Rest is Resistance: A Manifesto](#) by Tricia Hersey

Heather Booth's [10 Tips for Organizing](#)

[Bali Principles](#) (United Nations)

[Jemez Principles for Democratic Organizing](#)