Climate Anxiety

Learning from & living with it

Prioritizing joy
is an act of resistance

Caring is radical

Sharing is radical

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This booklet is incomplete, simplistic & neither adressed nor adapted to everyone
But it has the quality of having been written

We should not feel ashamed, this is normal human behaviour

We're trying to fight of flight our own self and it does us extreme damage

the attacking lion we are

Fight or Flight

natural stress response reinforced by patriarchy, capitalism & Co.

to make the stressor go away is to die or to lose our mind the only way

We do all the stuff we think are usefull for environment but we're not hard on ourselves

But we don't lie to ourself & others
We don't divert blame on populations
Individual actions will not avert the catastrophe until the solution is systemic

We're eating veggies, riding bicycle... because it does us good & makes us feel better

We don't do it if it feels too much

This helps us heal & recover, be able to think, plan, create, organize...

We become capable of doing really useful stuff like preparing our community for the uncertain future

Over time, choosing where we put our attention, choosing our responses will rewire our brains

We will become both less susceptible to being trained towards reactivity & more aware of how to live in ways that don't hurt other people

Our minds make decisions through pattern-matching to previous experiences including those seen in media.

Choose what stories we engage with:

hope
solutions
education

Choose to put our attention into things that we CAN control :

- our actions
- our reactions
- our attitude
- our priorities
- our responses

It is not always easy & we might need therapy. Admitting we need help and asking for it is a couragous thing.

We should listen to our anxiety, never try hushing it.
Anxiety is useful.
It has something important to tell.

The future is uncertain.
Our Brains KNOW it.
They are not stupid.

Embrace the uncertainity.
Plan for uncertainity.
Take it into account.

We don't know what will happen in 1,3,5... years so we can't act like if it's Business As Usual.

Our anxiety gets better when we treat it seriously.

stress is not bad or good.
it's usefull in several contexts.
here it's clearly a problem.

Deal with stress

&

my self

Deal with stressor

the problem that caused unease

- Physical activity
- Affection
- Primal scream & cry
- Muscle relaxation & meditations
- Self-cafe of body

This helps deal with ourselves as a stressor a bit as well

The atomization benefits the system.
We feel helpless, because we've been trained to think we have to solve our problems alone.

We think we're alone. But we're not.
Another stress response exists & we can learn it

Tend & Befriend

socializing in face of danger
seeking help
support
organizing communities

Homo Sapiens is a social spicies.
We feel secure surrounded by people that accept us and that we can count on.
We're less prone to debiliating stress.

Muffling the message won't do us any good. We need to face it. Our brains are not stupid. They record the facts.

We all know now that the problem is caused by the horribly rich people wanting to get even more horribly rich.

They've known this is looming for years.

The global warming is already having desastrous effects in the countries of the Global South. It will not be stopped.

The prospect of 2°C is just another technique to lull us into inaction.

Nothing is going to be done to prevent the catastrophe because it benefits the rich and they're so arrogant to think they'll not be affected.

The only thing we can do is to admit it so we can start working towards a future without cages, walls or killing people. Future that is not nazi.

The rich don't even see us as humans even though we're the same species.

They want us to feel fear & despair.

They govern us with these.

Fear makes us easy to manipulate, not question authority & status quo.

Despair is a debiliating state, it stops us from organising and fighting for our future.

We can't influence stuff we have no control of. The rich are in their bunkers & yachts surrounded by their militia which mutilates.

Maybe one day we'll be able to do something about it. I hope.

For now we need to worry about us & the ones around so that one day we'll be ready to take action when we're able to

We need to take care of ourselves.

The role of adrenaline released by stress is to push us to action

get down to it

DO actions & activities that help us & other people recover & heal

tend & befriend

care & self-care

We need to be realistic & honest with ourselves

Our brain KNOWS when we're lying to it

Our brain just wants to survive. It will survive better if it feels Happy.

What makes Homo Sapiens happy ?

Being able to be what we are and existing in a community of supportive people!

Art is a form of expession.

Expressing ourself.

Doing lot's of bad art.

Doing zines!

Doing it now. Not next week. Not when we have time. Now.

- strong bonds with people, friends, communities, loved ones, feeling useful
- giving & receiving consentual love & affection
- spending time with people we love & like
- being in state of flow (art & creativity)
- singing, dancing, listening &playing music (badly)
- taking care of our body Moving & shaking. SLEEPING!!
- Loving ourselves & our body!

PANIC

ALARM DO STH !!!!!!

END OF THE WORLD !!!!!

(messages received from various media)

What can I do?

I'm just one person...

Stupid brain stop tormenting me !!!!

I... need... to... OCCUPY MYSELF QUICK!

SHAME

stop thinking

occupy mind

muffle the message

compulsive/harmful behaviour

it's a viscious circle