

CLIMATE GRIEF & WELLBEING JOURNALING ACTIVITY



How do you feel right now?

Describe how you feel through a drawing or with words.

List one thing that may not be perfect right now, but that's okay.

Looking at climate change...what do you think about most?

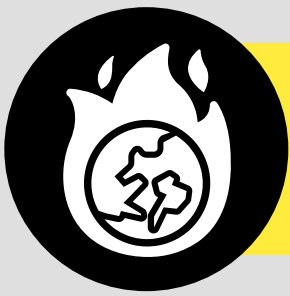
What thoughts would you like instead?

List three things that climate change makes you feel and why.

Make a list of the things you are grateful for around the climate change movement.

If there was one message you want your life to stand for, what would it be?





CLIMATE GRIEF & WELLBEING RESOURCES



On-campus support

[Campus Wellness Website](#)

[Alleviating Anxiety Seminars](#)

[Anxiety Studies at Waterloo](#)

Online support

[Honoring Our Pain for the World](#)

[Eco-Anxious Resources](#)

[The Eco Hub \(theecohub.ca\)](#)

[Resources for Managing Eco-Anxiety](#)

Want to take action on Campus?

Check out these groups:

[The WUSA Sustainability Project](#)

[UW Campus Compost](#)

[Climate Students](#)

[Impact Alliance](#)

[Racial Advocacy for Inclusion, Solidarity and Equity \(RAISE\)](#)