



## Climate Courage: Tips and Strategies for Coping and Getting Engaged

### If you're having a hard time knowing where to start:

- Learn. You don't need to become an expert—instead, let your interests lead you. Find out how climate change is affecting your own community, or your favorite animals or places.
- Bring it up. Talking about this with others can lower our body's stress response and help us feel calmer and more connected—especially since learning about climate change can leave us feeling uncertain, fearful, despairing, or angry.
- Be a good listener. Ask others how they feel, and respond compassionately.
- Get clear. What fuels your determination to do something about this issue—perhaps it's your children, or your children's children, or a place you love?

### When you're ready to take action:

- Go online. Use a carbon footprint calculator and identify some steps you can take in your own home. Talk to your family about how you can work together.
- Go out. What are other people already doing in your community? Many international climate action groups like 350.org or the Sunrise Movement have local chapters.
- Play to your strengths. What are your interests and skills, what excites you? There is no one way to combat climate change. We all have something to offer.
- Invite a friend. Asking a buddy to go to an event or meeting with you can help you feel connected and build accountability.
- Fight despair. Acting locally might feel like a small first step, but it's a direct way to be of service, get clear, get connected, and take action.
- Fuel your determination. Focus on what you love and let that be your guide.

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