

# Climate Conversations

Peer support for the climate crisis

# The principles of peer support

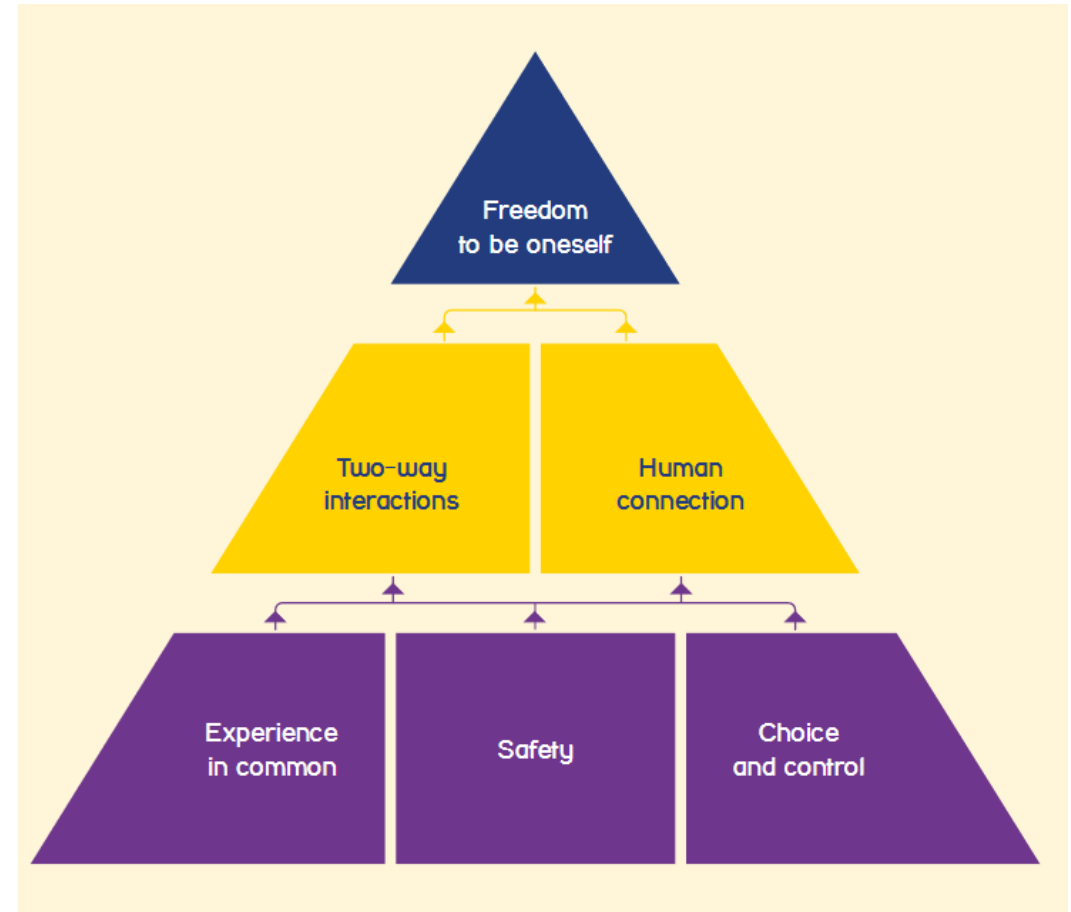
Peer support is a group of people who get together with a common concern to give and receive support.

## The foundations:

1. We're all concerned about what's happening to our environment and climate change.
2. Together we create a safe environment to talk in.
3. You can go at our own pace and decide what's right for you.

## When these foundations are in place:

- We can begin to have real conversations and feel connected to others.
- Hopefully, you feel comfortable to be yourself.



# Creating a safe space to talk in

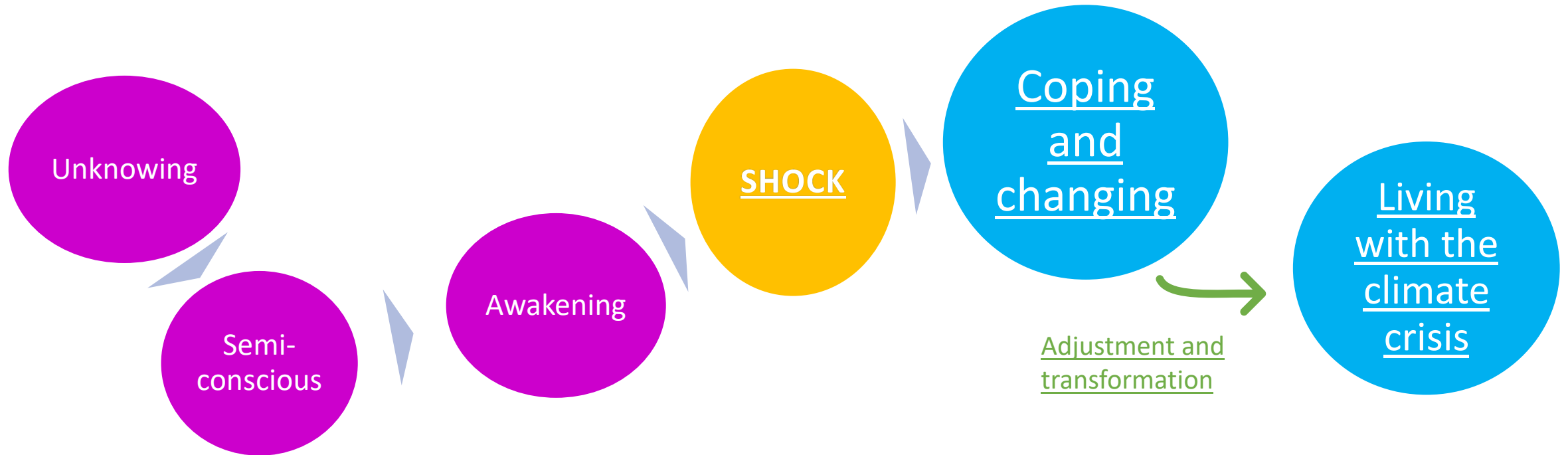
Talking about climate change can be difficult. To create physical and emotional safety we have a facilitator and a [plan](#) to work from. We also use this group agreement, so we know what to expect from each other:

## Group agreement:

1. We listen to each other.
2. We avoid giving advice (unless it's requested!).
3. We keep each other's details and stories confidential.

Can you agree to do this? Is there anything else you need?

# The process of climate anxiety and grief

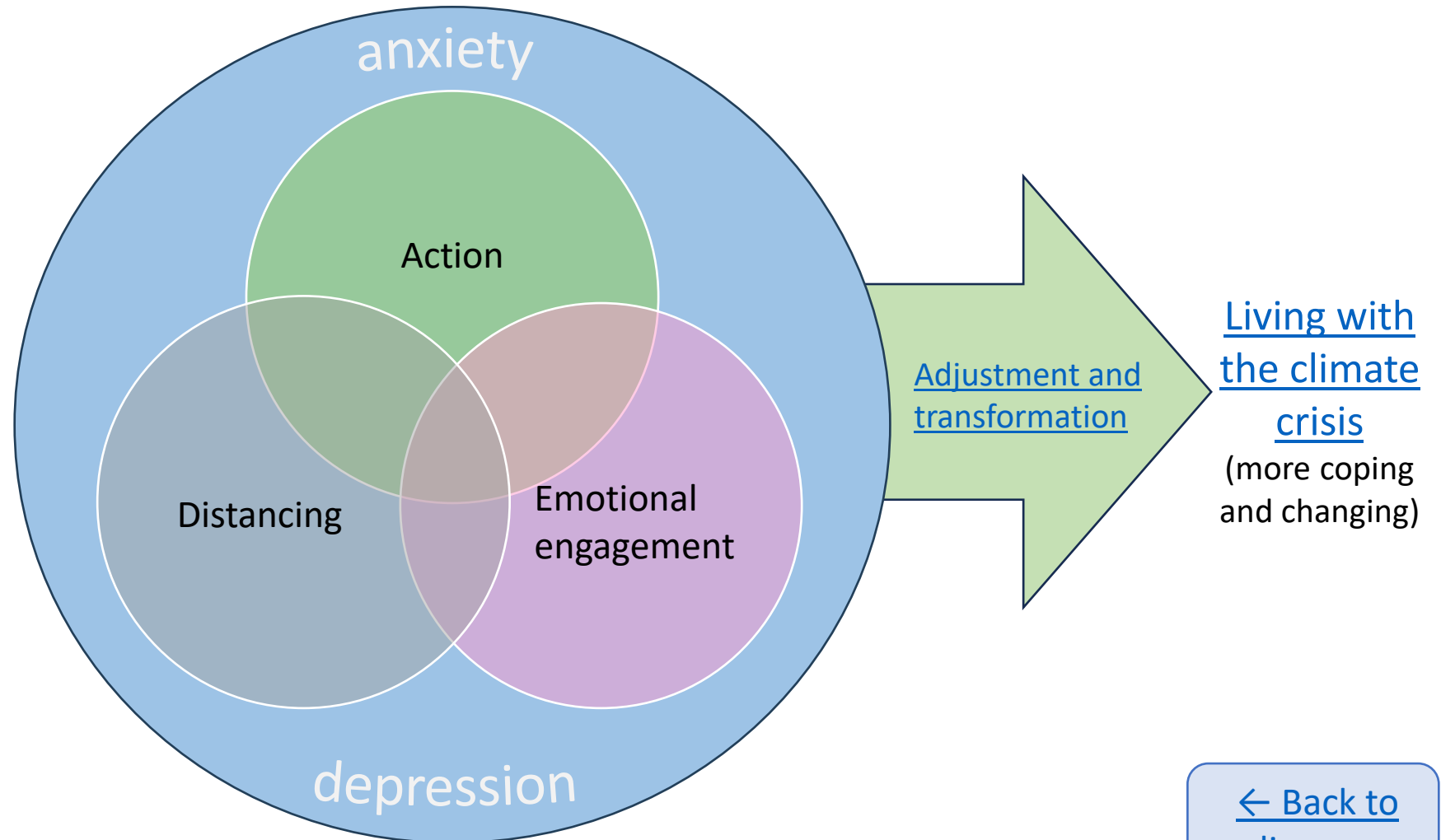


- Many other people are grappling with the same thing, even if that's not always obvious.
- There are people who have been through this process who we can learn from.
- Our experiences of the process will be different.

[Adapted from Dr Panu Pihkala's Process model of eco-anxiety and ecological grief](#)

# Coping and changing

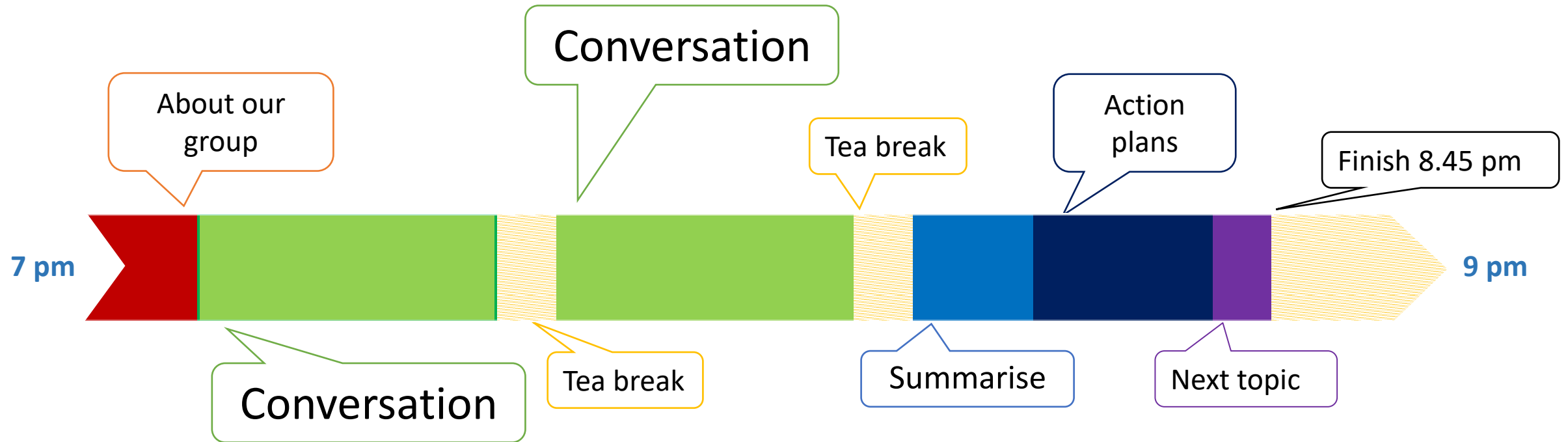
- It's complex and non-linear.
  - There's no one right path through this phase.
  - Our history, experiences, social circumstances will affect our experience.
  - Intuitive or deliberate responses.
- It's not unusual to experience anxiety and depression.
- Healthy coping involves balance with all three areas.



[Adapted from Dr Panu Pihkala's Process model of eco-anxiety and ecological grief](#)

[← Back to diagram](#)

# Our plan for today



# Survey: Governance and finances



## Governance

Would you like to have the option of becoming a member and being able to vote on decisions like choosing trustees and approving the accounts at the AGM? Or do you prefer not having to think about those kinds of things?

- I'm happy with the way things are (trustees make the decisions).
- I'd like the option to become a member and vote on decisions.
- I don't know/ I don't mind.

## Banking

We're reviewing how we manage our money. The options are limited and we might not be able to get everything we want in one bank account. Please let us know what's most important to you by ranking the three features below in order of importance.

	1. Most important	2. Medium importance	3. Least important
Money is held securely in a bank.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The bank has an ethical investment policy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No bank changes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Is it a bad thing to stick your head in the sand sometimes?
- How much do I need to know?
- What's the point of knowing what's in the news?
- Brainstorming ways of coping (helpful or not)

# Conversation

Distancing ourselves from the news and/or social media.



Is it a bad thing if you stick your head in the sand sometimes?

How much do I need to know  
about what's happening in the  
news?

What's the point of knowing the news?

How do you manage your news  
and/or social media  
consumption?

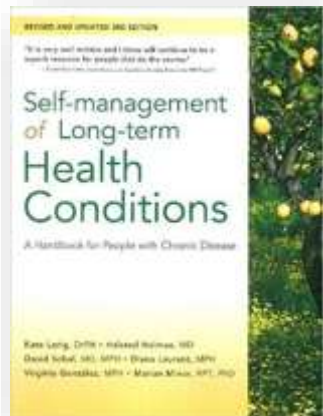
# Notes

We share notes from the meeting to our email list and on the website.

- What would you like to remember from this meeting?
- What might be useful in the future?
- Is there anything you'd rather we didn't include?

# Putting it into practice

## Dream big, start small!



*'Self-Management of Long-Term Health Conditions'*, written by Kate Lorig and other authors and published in 2014

# It doesn't always go to plan!

## **If you didn't complete your plan...**

- Did you learn something useful from doing it?
- Can you adjust your plan and try again?
- Or do you want to set it aside for now and work on something else?
- Sometimes, when we've tried everything we can think of we have to admit the problem isn't ready to be solved.

How did you get on with your plans?



# Action plans

1. Identify a problem or goal.
2. Make a list of ideas.
3. Choose an option to experiment with.
4. Plan what you will do in the next two weeks: say exactly what, when, where, how much, and how often.
5. Write out your plan and keep it somewhere visible.

## **Example:**

I will keep a diary of when I use the car. I'll write it in my diary after dinner on 10 days. I'll set an alarm on my phone to remind me to fill out the diary.

# Step 1. Identify a problem or goal

1. List some of the things that matter to you.
2. Choose one to work on and mark it with a star.

## Examples of problems

I can't give up my car as I need it to get to work.

## Examples of goals

I want to use my car less.

## Step 2. make a list of your options

1. List all the ways you can think of to solve your problem or reach your goals.

Tip: Don't be too quick to discount an idea.

## Step 3: choose one option to try out

1. Put a star next to one item on your list.
2. Don't worry if it still seems too big, or if it seems too small.

Tip: make sure it's something that *you* want to do.

## Step 4: Decide what you will do in the next two weeks

1. Be specific. Think about what, when, how often or how much?
2. Is your plan realistic? How likely are you to carry it out? (adjust the plan if you need to).
3. How will you remember to follow your plan?

Tip: start slowly and start from where you are. Carry out a reality check and adjust your plan if you need to.

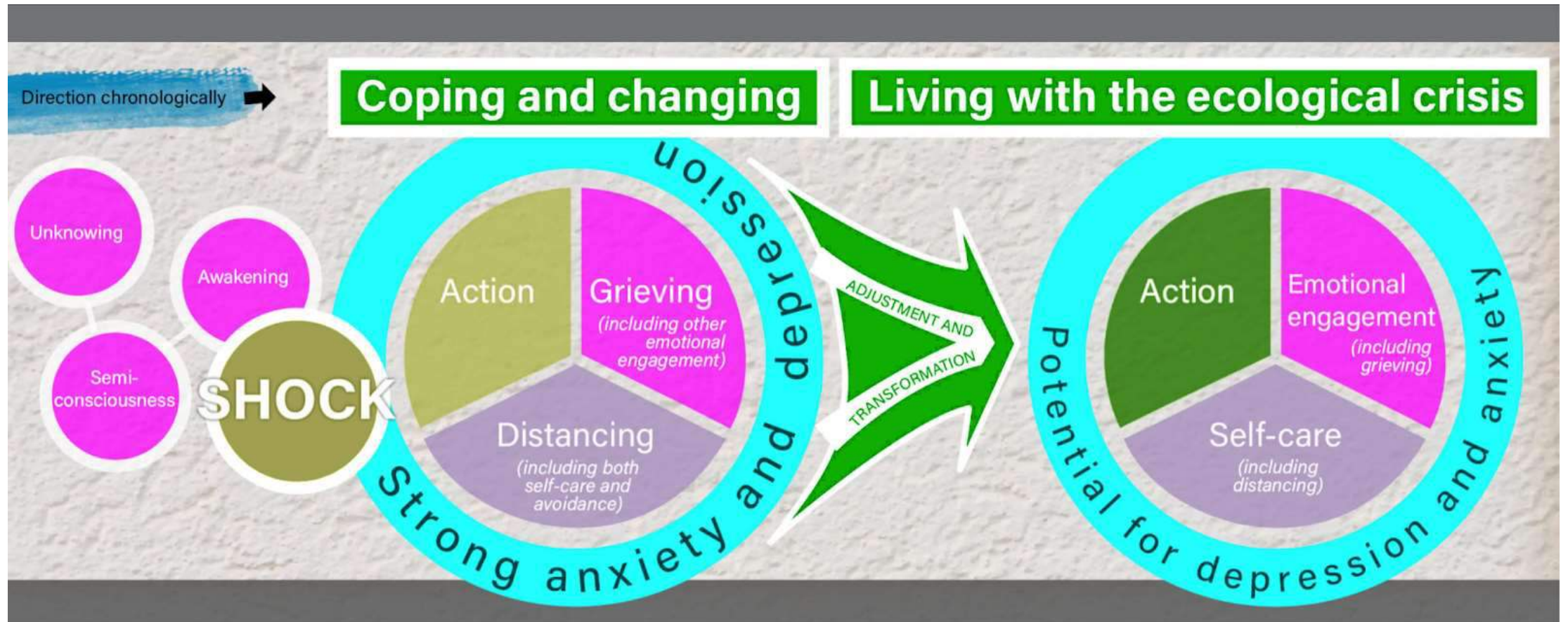
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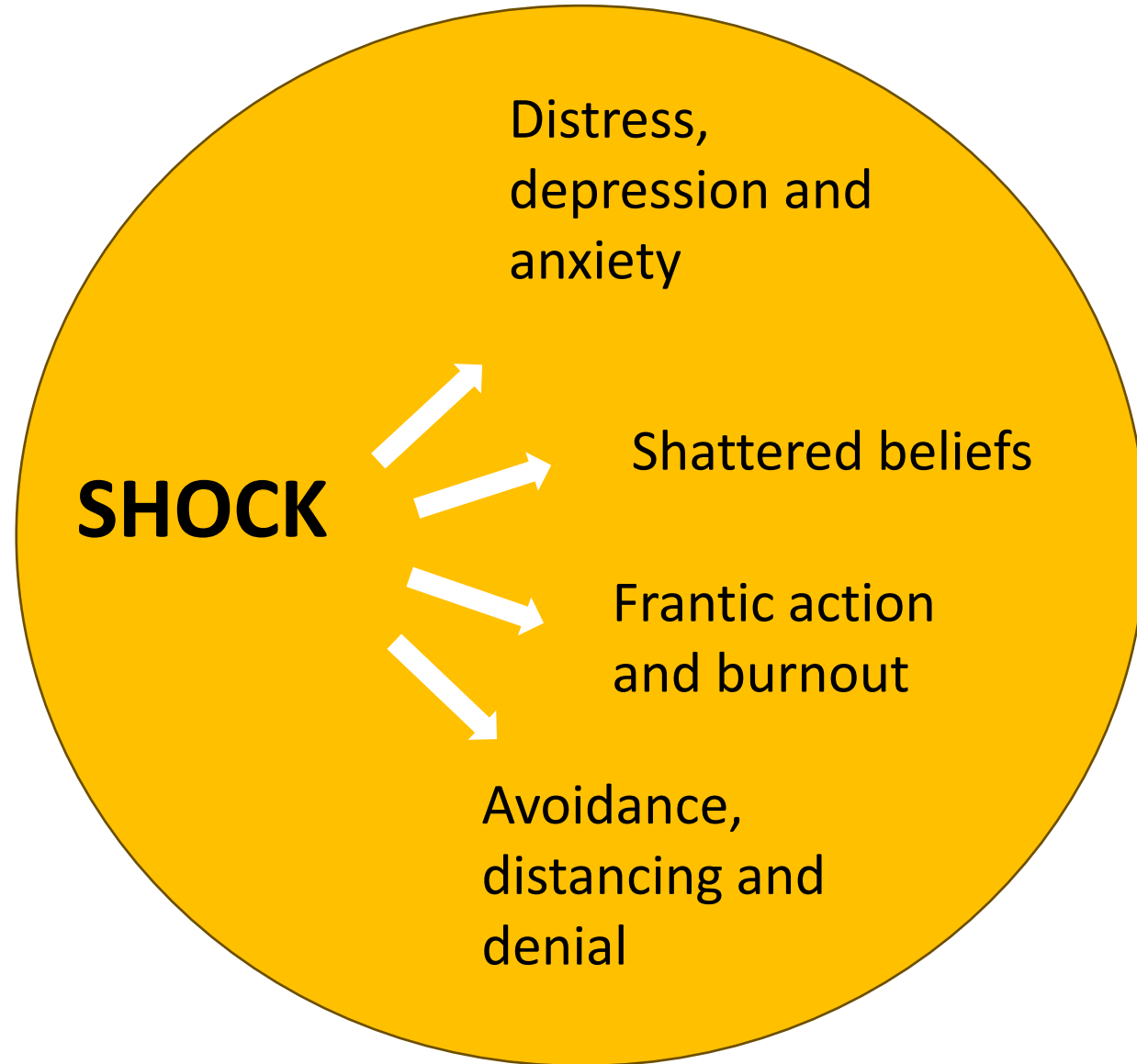
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# The Process of Eco-Anxiety and Ecological Grief



# Shock



[Adapted from Dr Panu Pihkala 'Process model of eco-anxiety and ecological grief'](#)

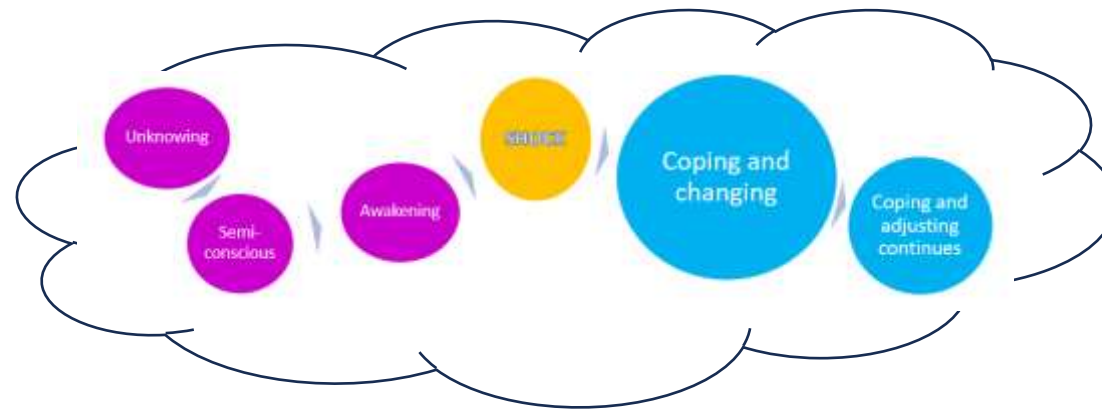
[← Back to process diagram](#)



How we cope and respond is shaped by personal and social factors

Culture, social practices, systems and institutions

Social context



Individuality

Life history, personality, beliefs, values and circumstances

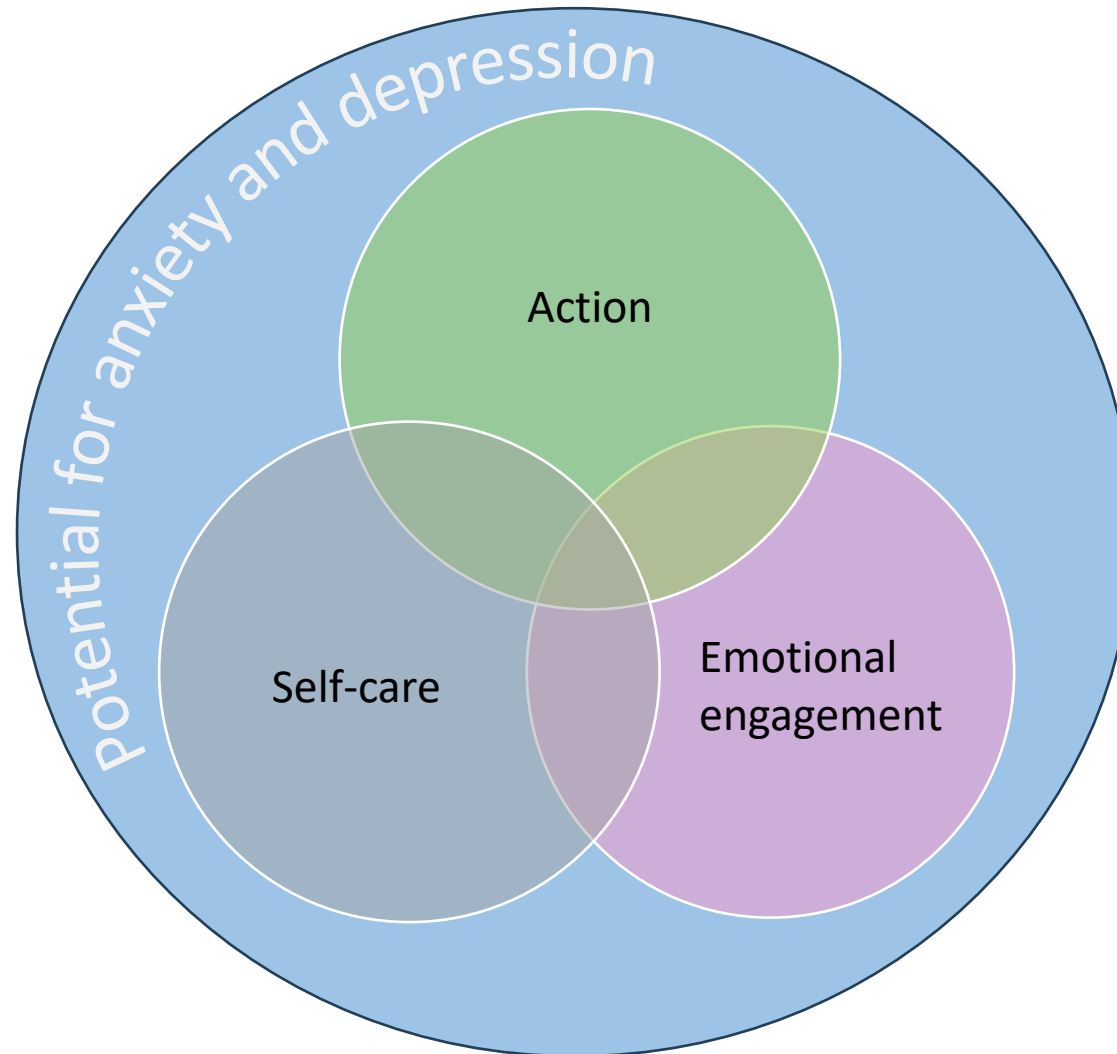
# Adjustment and transformation

- New ideas:
  - Worldview
  - Values
  - Beliefs
- New ways of doing things:
  - Habits
  - Practices
  - Lifestyle
- New ways of being:
  - Coping strategies
  - Personal traits

[← Back to diagram](#)

# Living with the climate crisis

- More balance, understanding and control.
- Still a need for all three areas.
- New shocks might create new needs for coping and changing.
- Happening against a background potential for depression and anxiety.



[← Back to diagram](#)