

# Conversation

Engaging with our emotions about the climate crisis

Climate crisis

## 'Never-ending' UK rain made 10 times more likely by climate crisis, study says

Winter downpours also made 20% wetter and will occur every three years without urgent carbon cuts, experts warn

## European court rules human rights violated by climate inaction

9 April · Comments

Climate crisis

Explainer

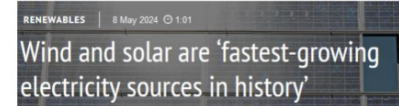
## Brutal heatwaves and submerged cities: what a 3C world would look like

Climate scientists have told the Guardian they expect catastrophic levels of global heating. Here's what that would mean for the planet

# What the world's top climate scientists say

- The climate scientists polled expect us to pass 1.5°C of global heating. 77% of them believe we will pass 2.5 °C.
- Climate change is already here.
- The solutions are already available.
- Money is available.
- There is a lack of political will and leadership.
- The fossil fuel industry and their supporters continue to block action.
- Every tenth of warming prevented is significant, and reduces loss and suffering.

*The Guardian, 8th May 2024*



Climate crisis

## World's top climate scientists expect global heating to blast past 1.5C target

Exclusive: Planet is headed for at least 2.5C of heating with disastrous results for humanity, poll of hundreds of scientists finds

Greenhouse gas emissions

## Ministers consider making UK's carbon targets easier to meet

Fears Climate Change Committee's advice not to allow carryover from last carbon budget will be ignored

# Ways to release emotions

Music  
dark humour  
+ laughter

comedy  
satire

Crying  
(for some people)

Scream into a cushion

Easier to express  
'positive' emotions

Punching a pillow?

High energy activity  
= distraction

Meditation

Focus on physical sensations

Talking stuff  
through

Writing

Worry  
dolls

Singing

Walking

Samaritans

art + craft

Running

D

Shouting at people  
who deserve it.  
- do something

Deep dive - face the facts  
confront the issue

Getting  
closure

Rituals  
eg. funerals  
cain of mourning

Quotes  
Poems  
Stories

What emotions are you feeling at this point in the climate crisis??

Notes

validation - good to know others feel the same  
can't have conversation with colleagues etc. - taboo  
taking part in actions has helped - social  
time to think properly