

Conversation

How do you give yourself a break from a crisis when there are triggers and reminders everywhere?

Describe where you're at with distancing from the climate crisis?

- Are you getting distance from the climate crisis?

- What form does it take (avoidance, denial, self-care etc.)?

Mostly avoidance with some self-care
When you know about the crisis it costs a sh*t
I can be at a gig and really where my self forgets
on the plus side I really appreciate nature and get out as much as I can to hang out with insects!

I let myself get distracted. I might really follow on climate story and then stop. I feel like I'm lazy. Getting into nature really resonates with me as it is so soothing, so denial, avoidance, self-care.
IS IT LAZINESS OR SELF-PRESERVATION?

It feels as if it's constantly running in the background. I like prepping for the group and I struggle not finding every thing out. But I feel I should let go. Even at the moment there is a constant reminder - stray weather, plastic everywhere.

I think so but with avoidance

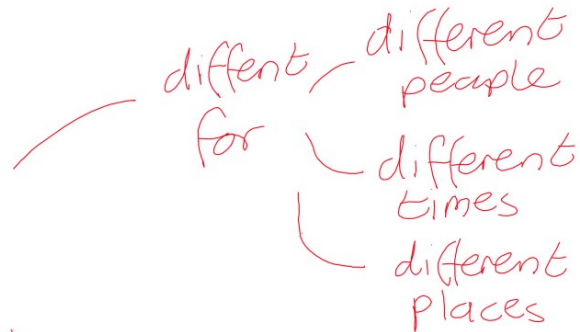
I look at the Guardian climate section but don't read it properly

I feel I've got too much on my head at the moment



Healthy Distancing

by Panu Pihlakka at Gen Droid



Motives matter

selfish don't want to be bothered by it = "condemnable"

OR

protecting

- psyche
- social relations

need social support + social change

- How do we know the difference?
- Condemnable = bit harsh → blurry
 - Protective - only when necessary
 - Selfish - all the time
 - Difference between doing a selfish thing + being a selfish person.
 - Culture + society - self-interest, individualism shouldn't have to feel bad
 - Kind of know when it's tipping into latter

Climate time

"This isn't meant to be a problem-solving period, but rather an opportunity to feel and honour climate-triggered emotions in a way that helps metabolize the feeling"

Leslie Davenport for Gen Dread

The method

30 minutes, at the same time each day when you focus on your climate fears.

Set a timer.

Express your thoughts and feelings in a way that suits you.

When your time is up intentionally transition. For example with a breathing exercise.

For the rest of the day, note your concerns and save them for your next climate time.

<https://gendread.substack.com/p/dear-climate-therapist-im-dreading>

"Do your work and step back"

Climate Change and Happiness podcast by Thomas Doherty and Panu Pihkala

Season 3: Episode 18. Finding your place and digging in

Notes

The slides and notes we've made will be shared by email and on the website.

Is there anything you'd like removed or altered before we do that?

What do think about today's conversation?

Was it useful? Or interesting? Or not?

Are there any other thoughts or comments you'd like to add?

Always comforting - being with a group of people all struggling
A way of not avoiding - painful - but useful
Other people don't feel the same way
Liked the question - laziness or self-preoccupation