

# How do we get distance when there are reminders everywhere?

Describe where you're at with distancing? Avoidance? Overwhelmed?  
Self-care? Step back easily?

Changed since last time

- not good
- learned about microplastics
- plastic everywhere
- can't distance
- very distressed

Not very good at  
distancing

- reminded by emails etc
- skimming + cherry picking
- some quit but doing what I can now

Sometimes I feel overwhelmed.  
Manage my expectations

Improving a little

"do your work +  
step back"

- some automatic avoidance
- some making time for things I love
- everything feels contaminated

# Techniques for distancing

Worry time / worry-free zones

Taking a deep breath - way to let it go

- Worry tree
- very helpful
  - my worries are like a big ball this breaks it down
  - helps crystalise things
  - struggled a bit with big climate problems
  - maybe adapt the questions

Notice the worry

What am I worrying about?

