

# Conversation

Overwhelmed by the news

Even if you want to do something  
who do you go to - authority  
- might come for you

Too many problems

Eternally trying to be optimistic - environment getting mainstream  
- people know what you're talking about

Overwhelming - climate is bigger picture beyond everyday experience. Climate vs weather.

## Have you felt overwhelmed when readin the news?

### Describe what that was like for you?

Drax - documentary - if we can't fix this!  
Crude oil in Nigeria - awful living conditions vs wealthy man  
- so sad  
- corruption  
Congo diamond mine - child soldiers  
- wept  
Overwhelmed - let's not have diamonds for big stuff  
Can't feel anger anymore  
Helpless, don't want to hear it anymore

Get disheartened

Wouldn't describe as overwhelmed

George Floyd - angry  
- upset so many didn't understand  
- sensitive  
- critical of others

Hard to move on - hurt

How news is designed

Happens so often - might have been fires in Greece

Horror + feeling for people

Abstract - somewhere else, someone else

Emotional but not visceral

Can't do anything - except reach out to someone I know who's affected

Videos are like horror films - terrifying

I'm sure we're not weird in having these reactions.

Can't pick a specific time

Despair

Sinking feeling

Come back again + again - thinking emotions

Try to think of solutions

Feel I have to do something but not possible

# In the long-term

- "Be an actor not a consumer"
- Find an area of action to focus on and "dig in".
- Filter your consumption.
- Restrict your news consumption.
- "Climate anxiety contemplation sessions"
- Build social support.
- Build self-compassion.
- Build emotional regulation.
- Live a full life. Take care of yourself.

## In the moment

It's important to recognise that these distressing feelings are normal. They originate in the threats that surround us. They are an appropriate response and don't mean there is something wrong with you.

It's important not to deny this kind of pain. Listening to it and giving it space is usually the best way to move past its intensity and live with its beat more creatively. It will never go away completely but if you see it as an opportunity to reshape your life and live differently you will gradually find a place that can still hold hope, meaning and joy.

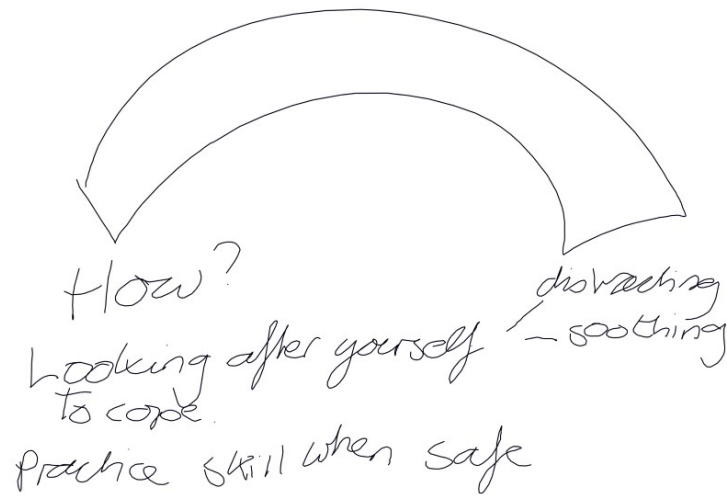
Randall, Rosemary, Rebecca Nestor, and Daniela Fernandez-Catherall. "The Carbon Conversation's Guide to Living with the Climate Crisis Participant's Handbook." The Climate Psychology Alliance, 2023. <https://livingwiththeclimatecrisis.org/wp-content/uploads/2023/03/LWTCC-Participants-handbook-final.pdf>.

## What can we do in the moment, when we feel overwhelmed or distressed?

- Breathing Space
- Pay attention to what's going on for you (mindfulness).
- Listen to your emotions.
- Reflect on your thoughts.
  - > Know that emotions come and go. They will pass.
  - > Recognise that these feelings are part of our "common humanity".
- Validate your feelings.
- Practice self-compassion.
- Notice the physical sensations, what's happening to your body? How are you breathing?
- Name your emotions.
- Express what you're feeling, cry if that helps.
- Give yourself kindness, empathy and compassion.
- Take action if needed.

Where  
we  
are  
now

eg panic  
cant cope  
overwhelm  
shut it



Where we'd like to be

Function

But not denial  
avoidance

Self-care

Constructive

Focused action

# 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 you think or feel at the end of today's conversation?

Not relief - weight off sharing this kind of thing. Imp. talking to people who  
Liked sharing + list, not bothered about last bit. feel the same or similar  
Used to get excited about ideas but never put them into practice. Sick of being me but  
don't feel I can change it.  
Last bit most useful + pertinent. Got me thinking about strategies I can use.  
A little flat. Bit messy. Good <sup>that</sup> people can say stuff doesn't work.  
Good it fitted the model we use.