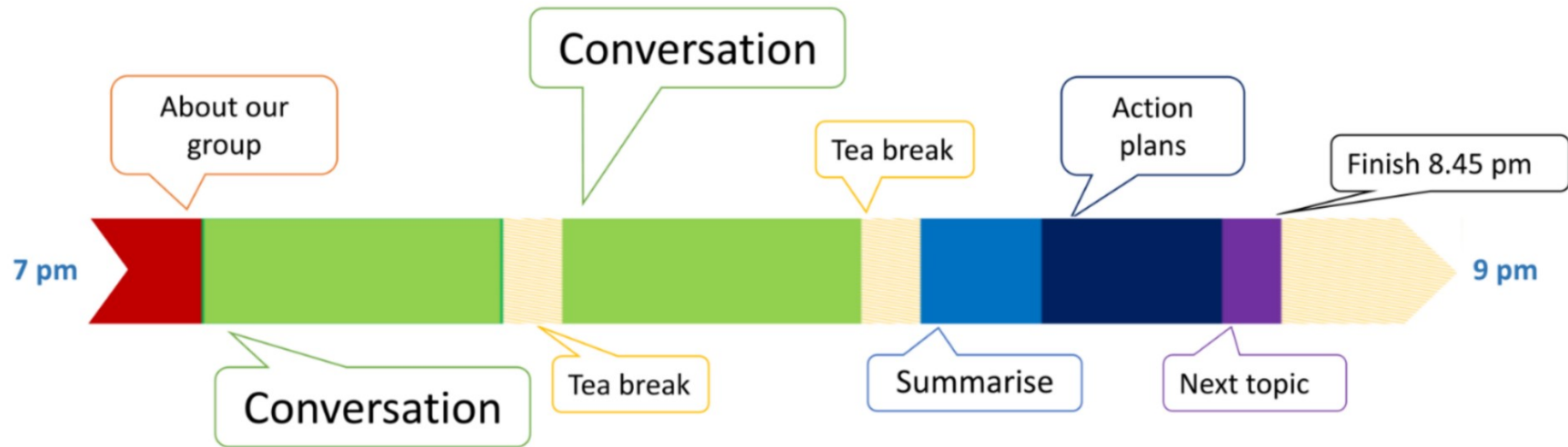


Climate Conversations

Peer support for the climate crisis

Our plan for today



What is peer support?

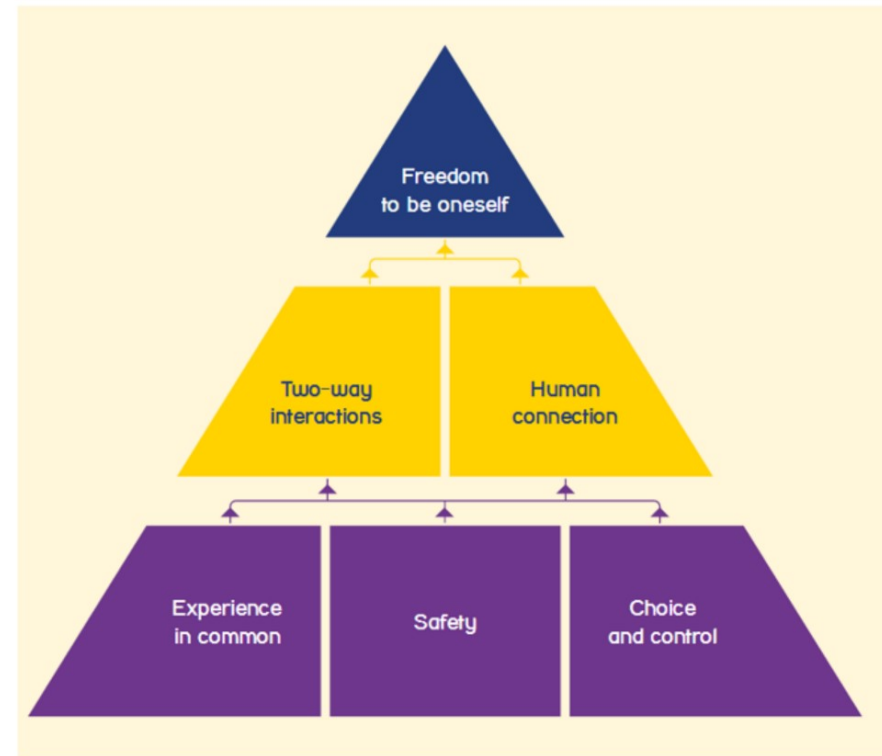
Peer support is a group of people who get together with a common concern to give and receive support.

The foundations:

1. We're all concerned about what's happening to our ecosystem 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.

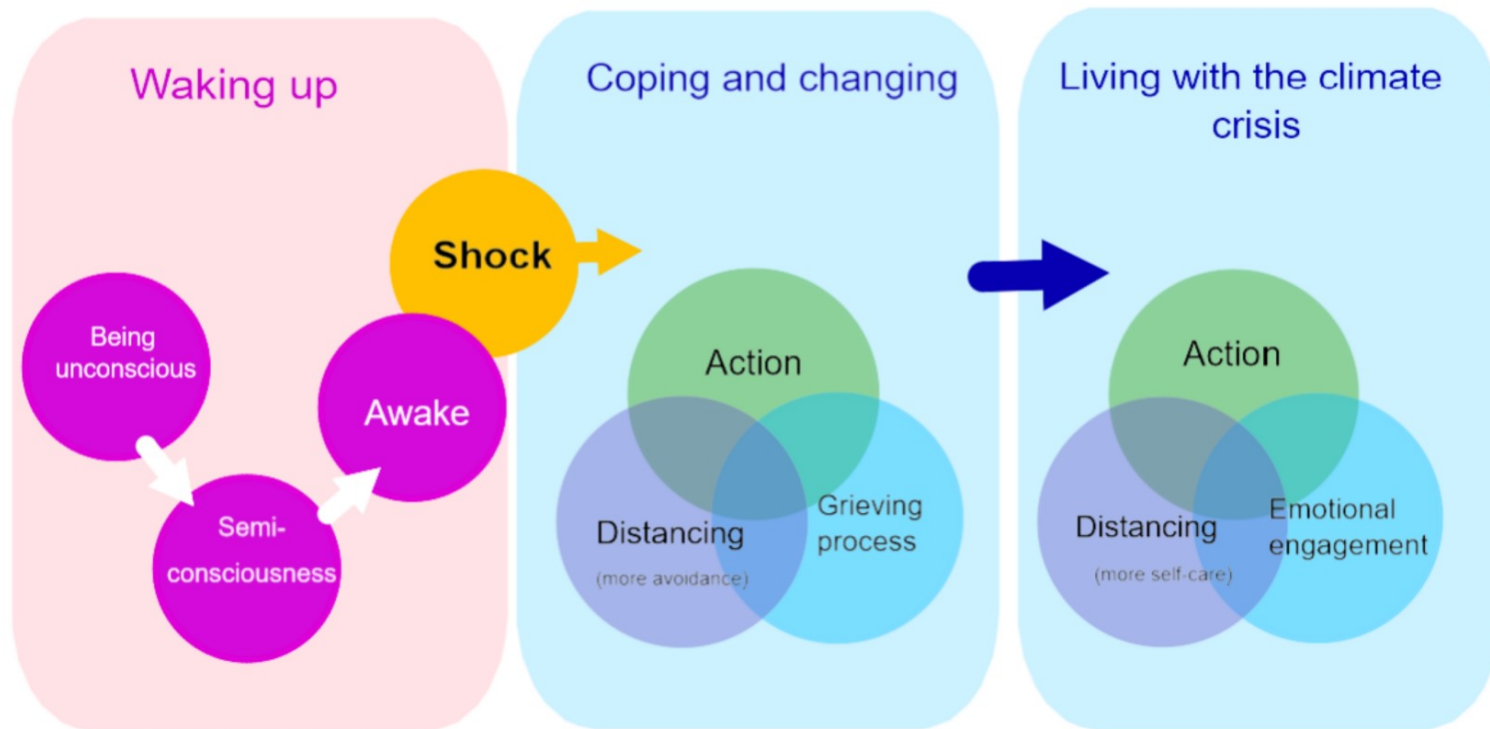
When these foundations are in place:

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



Developing peer support in the community: a toolkit

Our experience in common: on a journey learning how to live with the climate crisis



Adapted from Dr Panu Pihkala's *Process model of eco-anxiety and ecological grief* (2022)

The four tasks:

Accepting the reality of the crisis. This usually happens intellectually first, with the emotions catching up as people allow themselves to reflect on what the crisis means for them and what it calls on them to do.

Working through the painful emotions, mourning what is lost. The losses may be connected to the sense of a vanishing natural world but just as important are the losses of the lives people may have expected to lead. Young adults may be struggling with the question of whether or not to have children. Older people may have imagined a retirement filled with foreign holidays. For everyone, the disappearance of a life without fear of floods, storms, droughts and upheaval can feel very frightening.

Adjusting to the new environment, reshaping a sense of identity, finding support and solidarity with others. Reflecting on your values, reconsidering the way you live and what matters to you is usually important.

Choosing a path of action, reinvesting emotional energy. Becoming able to use the energy of your anger is often important here.

Randall, Rosemary, Rebecca Nestor, and Daniela Fernandez-Catherall. *The Carbon Conversations Guide to Living with the Climate Crisis Facilitator's Guide*. UK: The Climate Psychology Alliance, 2023. <https://livingwiththeclimatecrisis.org/wp-content/uploads/2023/03/LWTCC-Facilitators-Guide-final.pdf>.

How do we create a safe space to talk in?

- Physical comfort: the venue and facilities
- Contained: a structured conversation with a facilitator
- We share the responsibility

Our group agreement:

1. We'll listen and give each other our full attention.
2. We avoid giving advice (unless we're asked to).
3. What we say stays in this room.
4. We arrive in time to participate in the whole conversation.
5. We stick to the topic.

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

Conversation

Climate emotions: fun and joy

onnellisuus

- experience with others - sharing
- bonding

contagious

eudemonia

xingfu

What is happiness to us?

- emotional enjoyment
- in your head
- not possible all the time for humans
- personal - can be apart from circumstances

- can have a happy person
- physical thing - feeling
- lightness
- absence of weight + worry
- values

- hard to hang on
- we chase it

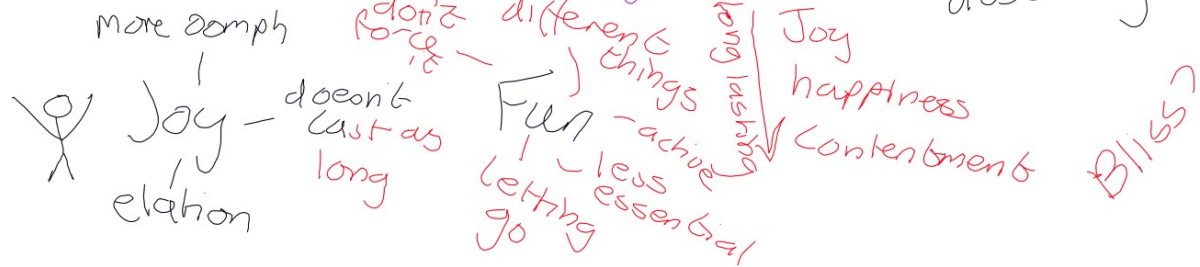
- e.

- having everything you want or need
- no significant problem
- chase it
- physical comfort
- emotional
- tug of war
- bad + good balance

values

- security
- contentment
- appreciating

advertising
reward
deserving



XR fun + creativity

How are happiness, fun and joy relevant to the climate crisis?