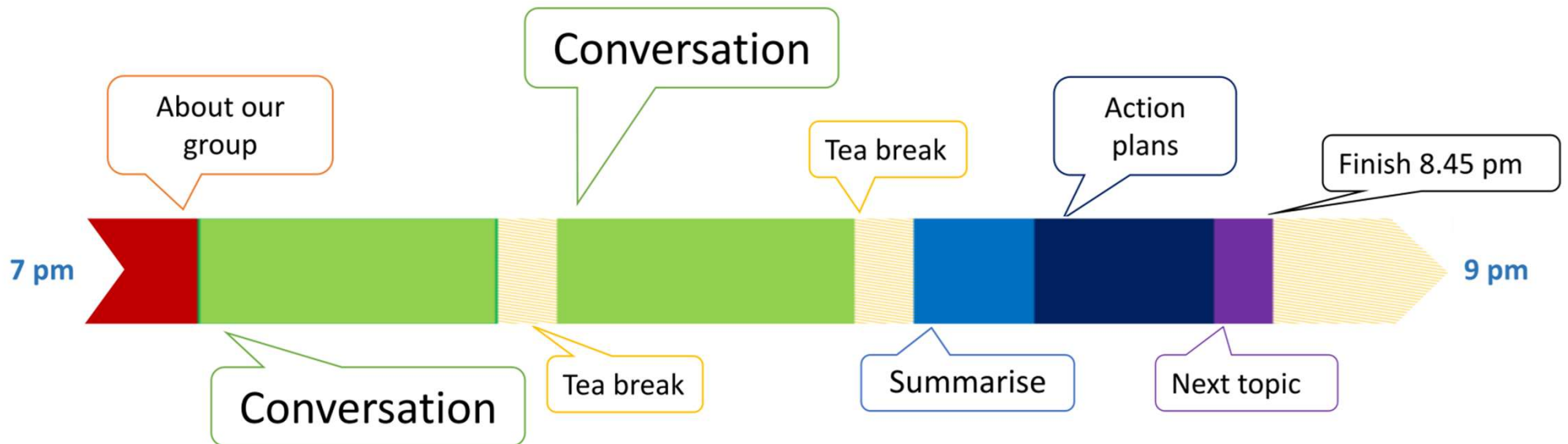


# Climate Conversations



# Our plan for today



# Our purpose

We believe that taking steps to engage with climate change is better than trying to avoid thinking about it. But figuring out how to respond to the climate crisis is hard.

Our meetings provide a space for us to work on this problem together. We can be honest about our questions, uncertainties, and difficulties. We can help each other process what's happening and explore what we can do for ourselves and the planet.

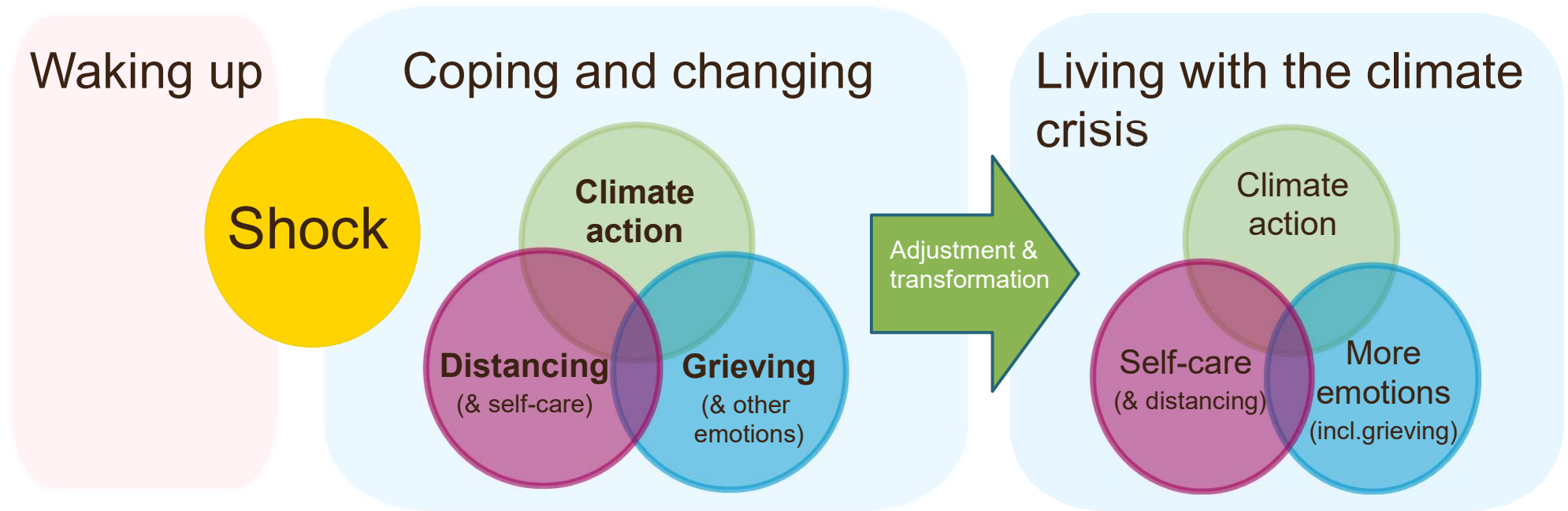
# Group agreement

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

Do you agree?

Is there anything else you need today?

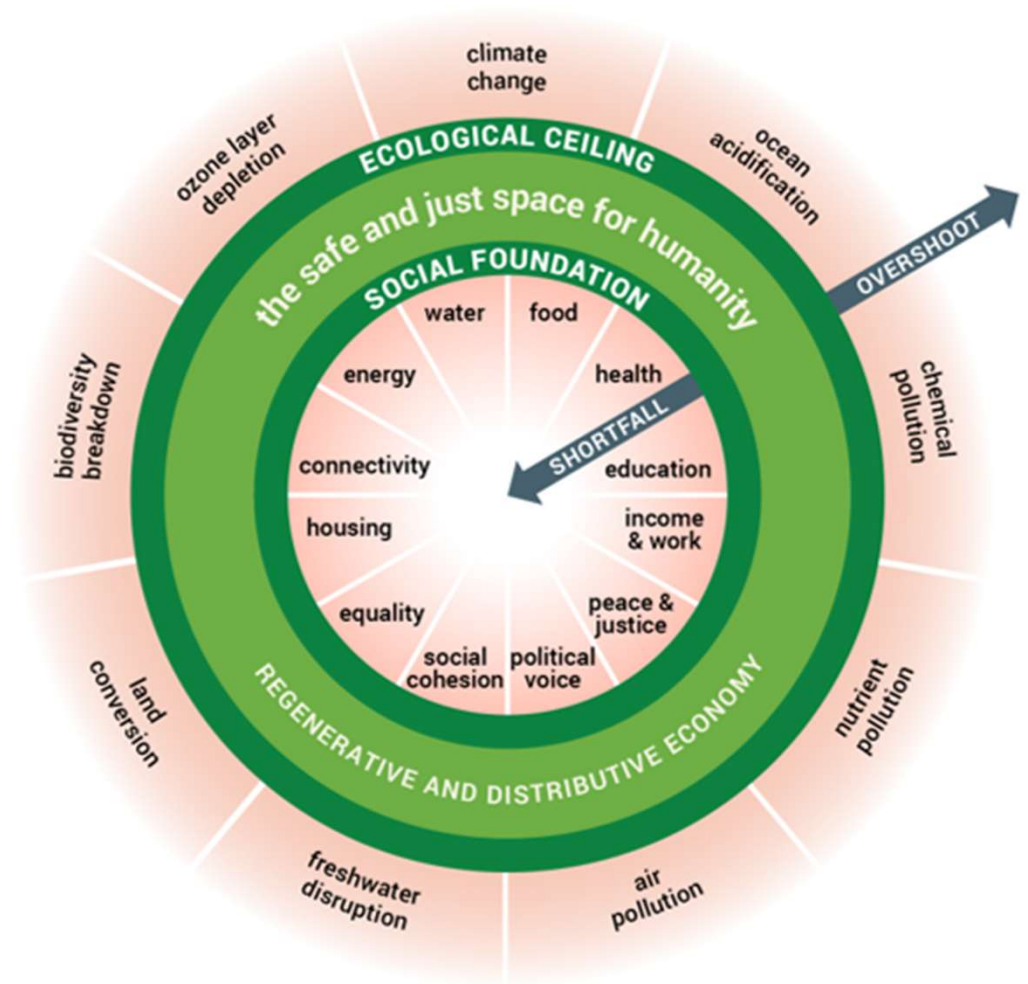
# The process of eco-anxiety and ecological grief



<https://www.kateraworth.com/about/>

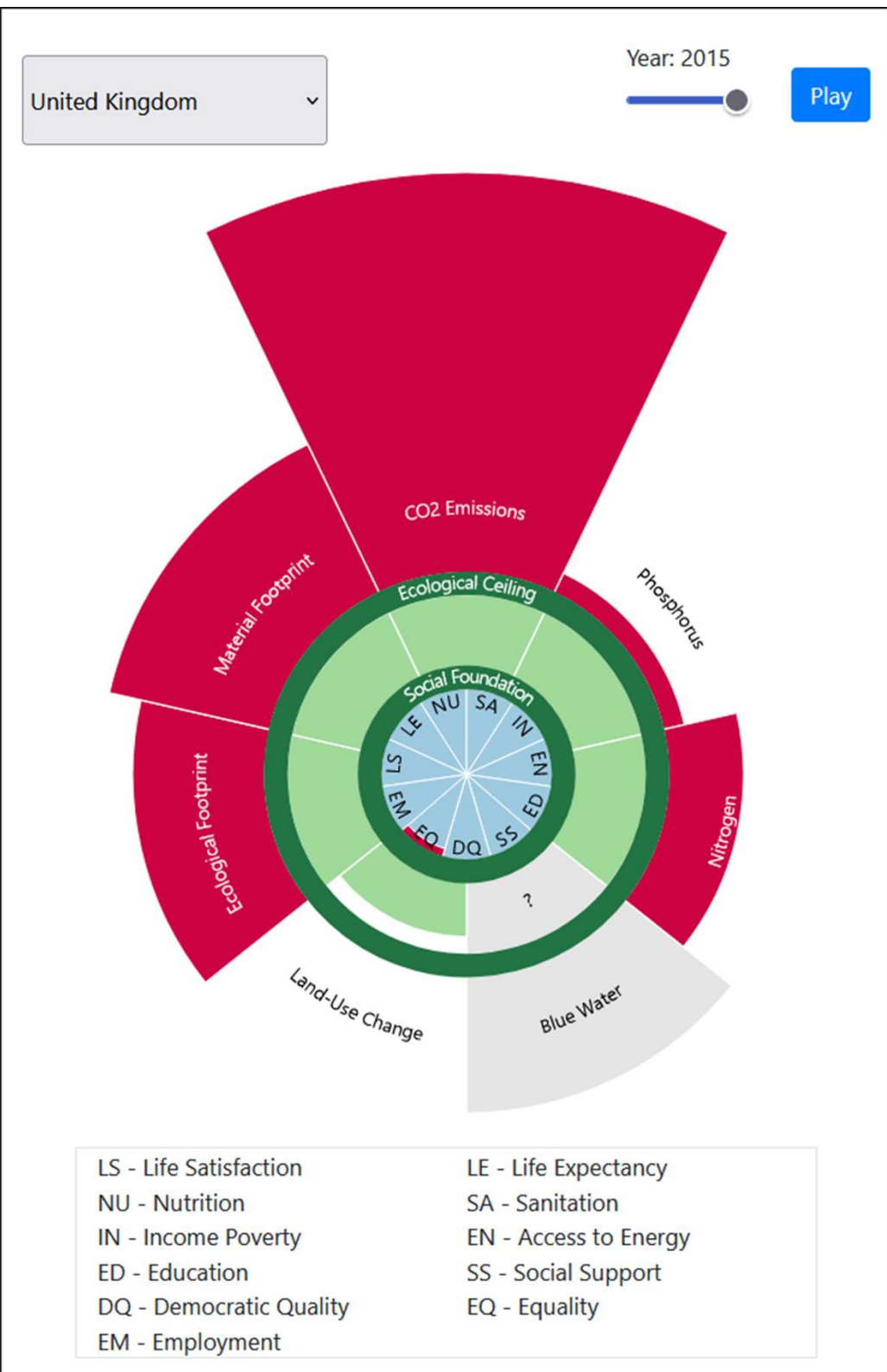
# What is the the Doughnut?

- A social foundation where everyone's basic needs are met.
- An ecological ceiling, of nine planetary boundaries
- And in between the two an environmentally safe and socially just space in which humanity can thrive.



The Doughnut of social and planetary boundaries.

# The United Kingdom 2015

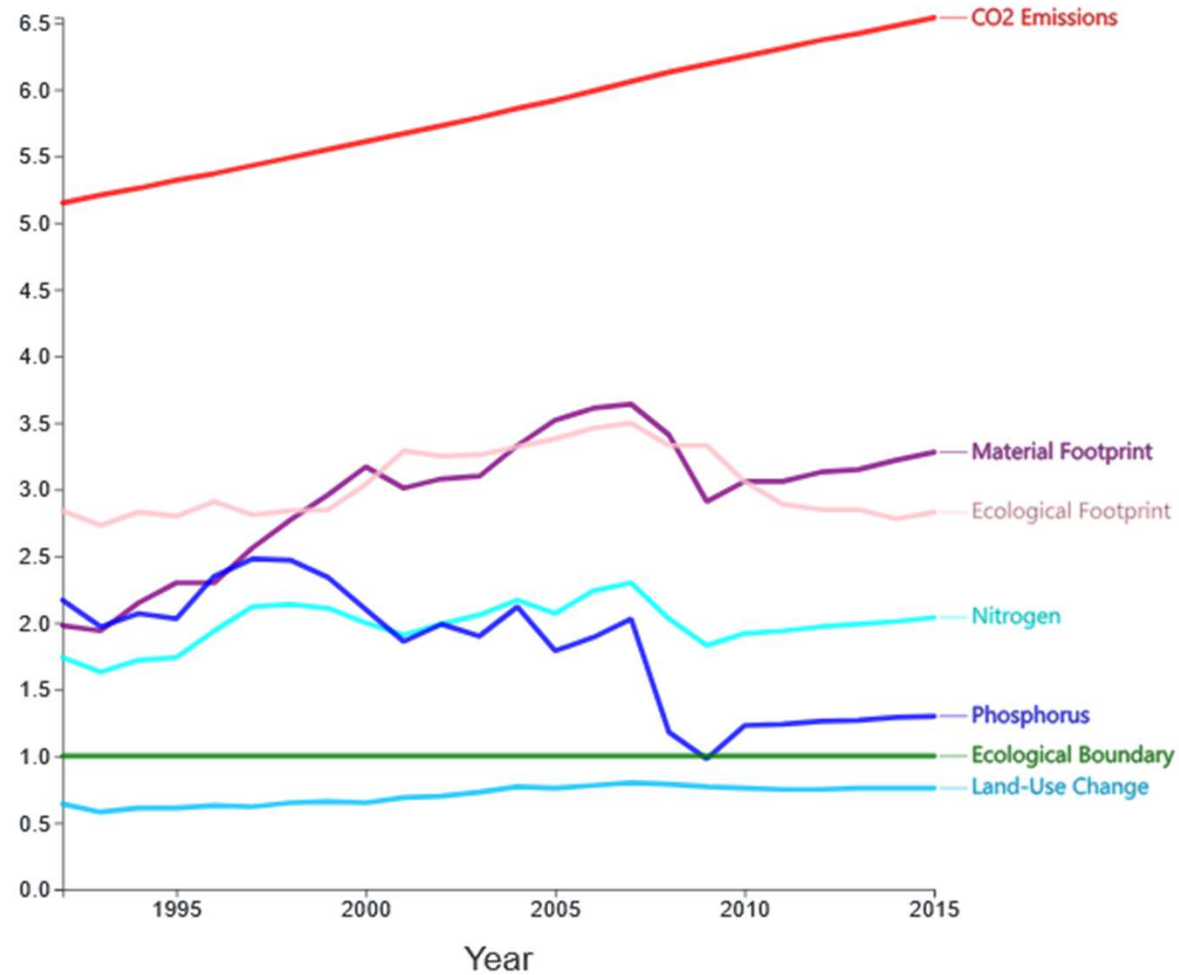




# The United Kingdom 1995 – 2015 Doughnut Economics Action Lab

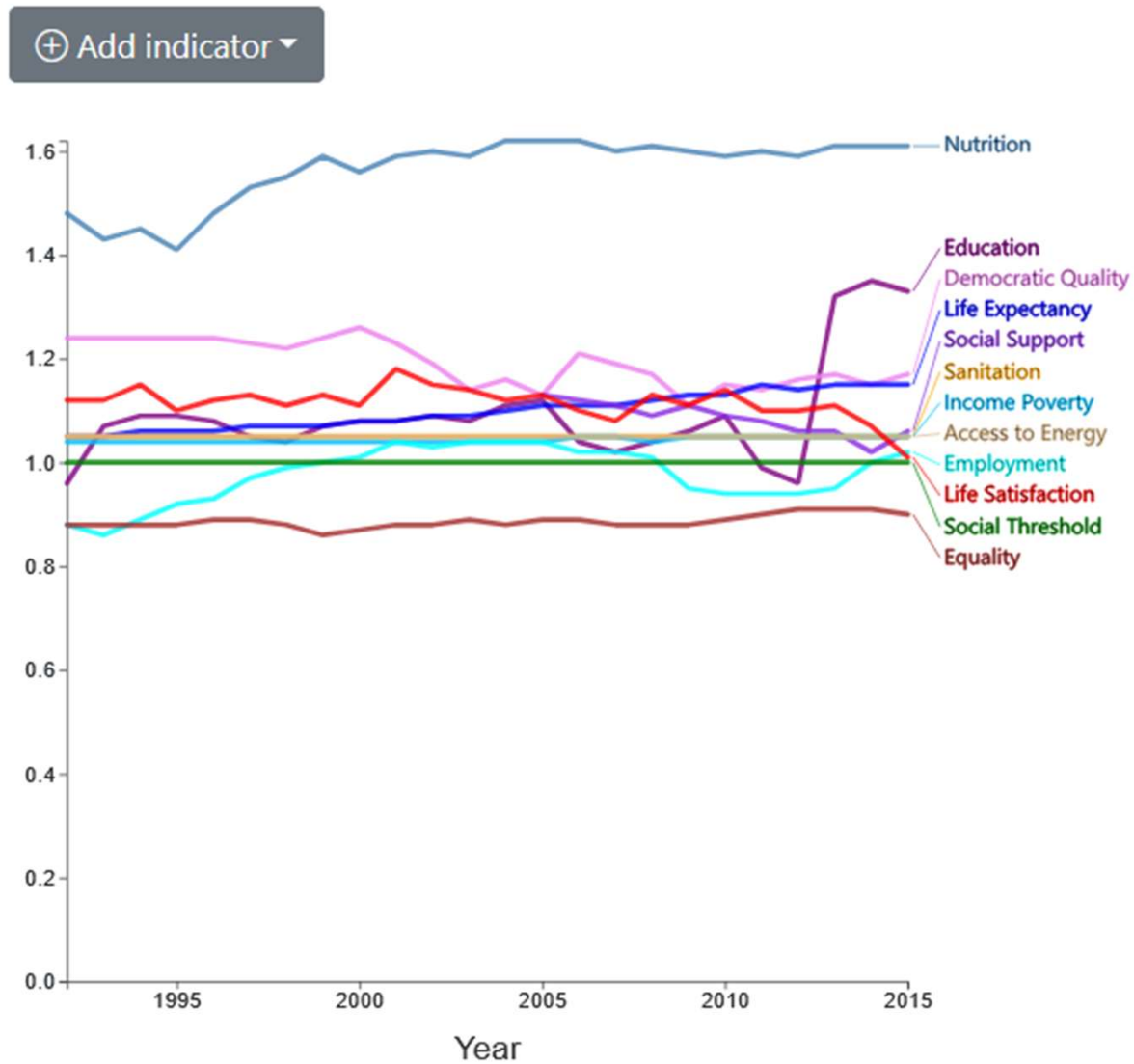
## Biophysical Indicators

⊕ Add indicator ▼



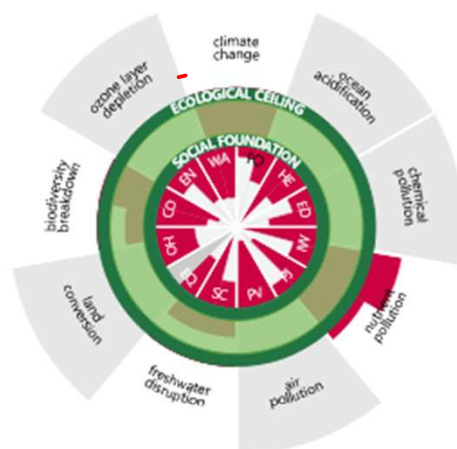
# The United Kingdom 1995 – 2015 Doughnut Economics Action Lab

## Social Indicators

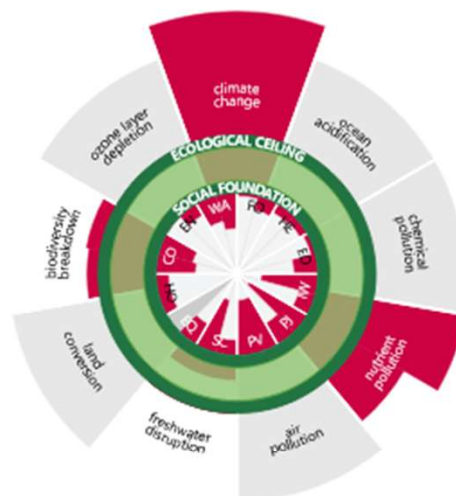


# Inequalities in Shortfall and Overshoot Doughnut Economics Action Lab 2025

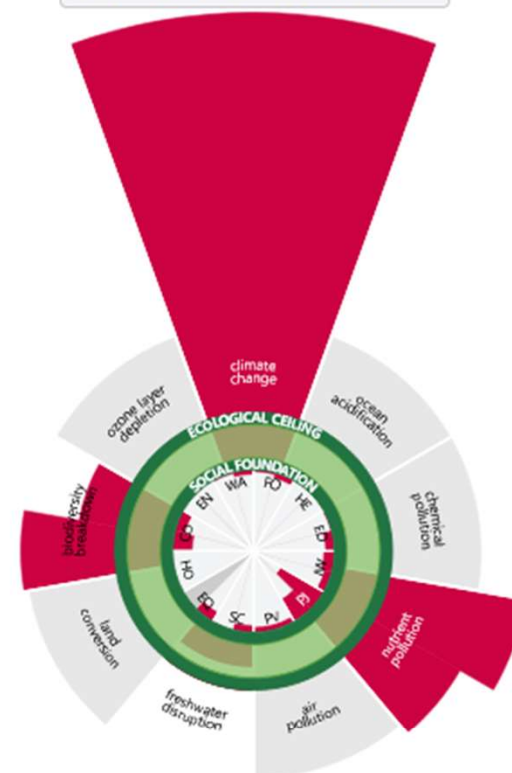
Poorest 40% of countries ▾



Middle 40% of countries ▾



Richest 20% of countries ▾



FO - food  
WA - water  
EQ - equality

HE - health  
EN - energy  
PV - social cohesion

ED - education  
CO - connectivity  
PV - political voice

IW - income & work  
HO - housing  
PJ - peace & justice

Source: [Fanning and Raworth, Nature \(2025\)](#) | [Get the data](#) | [Zenodo](#).

Ecological Ceiling  
Space to Thrive ↑  
↓  
Social Foundation

Interesting idea  
to downscale and  
try it in cities

Thriving  
positive

Way to encourage people  
to look at the bigger  
picture

Could explain  
it to people  
who don't know  
economics

Doughnut

Hoping it would  
give solutions

Harder to  
understand than  
GDP - a lot of  
data

Relying on the  
government wanting  
healthy change

Could use the  
principle to  
challenge politicians  
now

Relies a nice way of  
visualising data

Mindset  
change

purpose  
of government  
to look after  
planet + residents

We need something  
new. The old  
politics is done

Something worth pursuing  
- news would be more  
interesting + useful

could be  
solutions  
focused  
- debate different  
solutions instead

Shall  
~~not~~  
Subjective  
need to be  
aware of  
who's creating  
your doughnut

This  
shouldn't  
be controversial!!!

# 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?

I really feel like I've learned something

It was interesting I might pursue it

I'm glad we've done this. I had heard about it but it seemed complicated Now I've a better understanding

It makes things really clear

I feel I've learned

Feeling frustration + impotence that it's not happening in this part of the world.

I don't feel too bad because this is a useful reframing that could be a way to change the mindset

# What shall we talk about next time?

Making space  
for other things

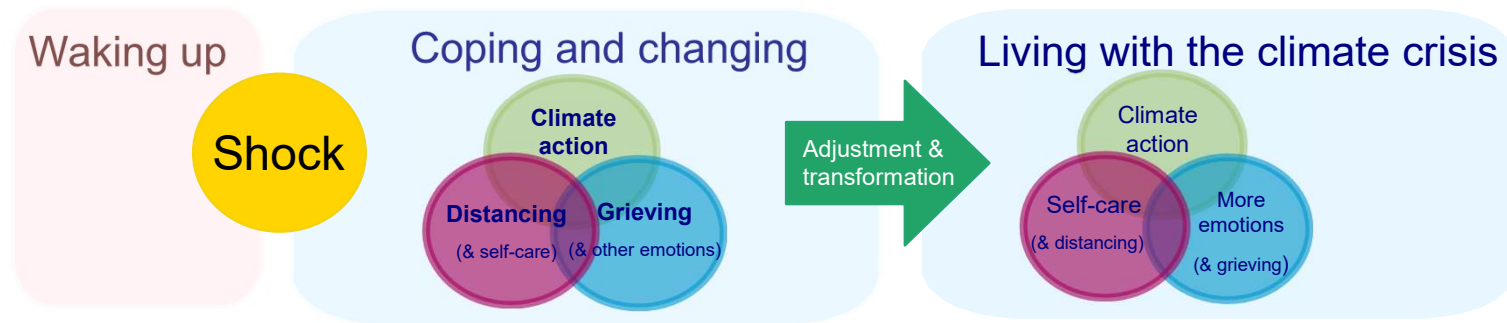


# Making changes

Action plans and other strategies



# The process of climate grief and eco-anxiety



## Waking

- Dissonance
- Realisation

## Shock

- Isolation
- Absurdity
- Shock
- Disorientation
- Powerlessness
- Anxiety
- Depression

## Coping...

- Tolerating distressing feelings
- Compassion
- Emotional regulation
- Accepting change
- Accepting uncertainty

## ... & changing

- Our understandings
- Skills and capabilities
- Finding new meaning and purpose

## Distancing

- Avoidance
- Denial
- Distraction
- Soothing

## & self-care

- Rest
- Relaxation
- Space for other things
- Community care

## Grieving

- Ecological grief and sorrow
- The four tasks of grieving:
  - Acceptance
  - Mourning
  - Adjusting to the new reality
  - Reengaging with life.

## & more emotions

- Anger & outrage
- Fear
- Guilt
- Hopelessness
- Happiness & joy
- Care & love
- Envy, admiration & resentment
- Contentment, satisfaction
- Belonging
- Insignificance
- Hope & inspiration

## Climate Action

### Transforming values, beliefs, worldviews & paradigms

- Reflection
- Conversation
- Personal and collective

### Transforming structures & systems

- Interest groups
- Lobbying & campaigning
- Social movements

### Transforming ways of doing things

- Behaviour
- Social practices
- Technology
- Organising