



## EcoNugget

The climate crisis can affect physical health,  
community health and mental health

### **“Eco-Anxiety” How can we cope????**

- Harness the energy of **Eco-Anxiety** and redirect it toward individual and collective actions, (taking small steps i.e. join a community clean-up day, harvest rainwater, stop using single use plastics).
- Create and preserve green space, connect with nature.
- Share good news stories to foster resilience.
- Nurture loving relationships. “We don’t hurt what we love.”
- Engage in climate preparedness planning. i.e. adaptation and mitigation to build climate resistance.

Thanks to lecturer Dr. Pamela McCarroll PhD  
(Theology) for the suggestions above.

For more ideas on reducing Eco-Anxiety:

<https://tinyurl.com/ecoanxiety>

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