



## EcoNugget

### Addressing Climate Anxiety

- **Connect with like-minded people.** Join a local environmental group. Participate in environmental campaigns.
- **Practice self-care.** Eat healthy meals, get exercise, spend time in nature or with pets. Limit screen time & exposure to negative news.
- **Educate yourself about climate change.** A couple of good resources are the Climate Atlas of Canada <https://climateatlas.ca/> and The Narwhal <https://thenarwhal.ca/>
- **Acknowledge your emotions.** It's natural to feel worried. Let your fears motivate you to take action.
- **Focus on what you can control.** Adopt actions to reduce your carbon footprint.
- **Be prepared for extreme weather.** Check out <https://www.getprepared.gc.ca/index-en.aspx> for tips on protecting your home and making an emergency kit.

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