



Psychology and social justice issues

What can we learn from young people?

Tips for managing climate change anxiety

FOR YOUNG PEOPLE



Take action

Doing something to reduce your own carbon footprint can help you cope with the stress of climate change.

- Change your individual or household behaviours (e.g., recycle, switch off lights, use public transport, ride a bike)
- Participate in climate action groups
- Lobby politicians and industry leaders

Communicate effectively

Sharing concerns, thoughts and feelings about climate change with trusted family members or friends can help you feel better when you're feeling overwhelmed.

- Spend social time with your community, family and friends, both those who share your values, as well as those outside of your environmental interests.
- Have access to a mentor who can help you think through your work, give you strategic advice and be a good sounding board.
- Belong to a group of people who share your values and can work on your projects together with you, or act like a support group.





Think flexibly

Changing your thinking patterns can help you cope with distressing feelings you may be experiencing.

- Drop the judgements, 'shoulds' and assumptions about ourselves and others.
- Balancing action with reflection – reflect on what you are doing and how you are feeling and think about the steps you need to take to reach your short- and long-term climate goals.
- Cultivate hope – believe that change is possible and turn fear about the climate crisis into a plan for action.
- Focus on only a few issues – prioritise your climate projects and let go of the urge to say yes to everything.



Look after yourself

To look after the environment, you must look after yourself first.

- Take a break from thinking about climate change to avoid burnout (e.g., switch off the 24/7 news feed).
- Taking part in activities that make you feel good (e.g., hobbies, time with friends and family).
- Maintain healthy routines (e.g., exercise, good diet, quality sleep).