

CURRICULUM

From Climate Distress to Resilience and Hope



*Join us in discovering how you can care deeply about climate change **and** have a fulfilling life*

INTRODUCTION

MODULE 1 - UNDERSTANDING YOUR CLIMATE DISTRESS

- 1.1 What is climate distress
- 1.2 Responses to climate change
- 1.3 Start from where you are now
- 1.4 Checking in - assessing where you are now

MODULE 2 - UNDERSTANDING CLIMATE DISTRESS

- 2.1 Climate distress is a logical, sane response
- 2.2 Why no-one except you seems to care
- 2.3 Why climate distress is different
- 2.4 Facing facts

MODULE 3 - SITTING WITH OUR EMOTIONS

- 3.1 Learning to sit with your emotions
- 3.2 How we avoid our emotions
- 3.3 Why we don't need to be scared of our emotions
- 3.4 How to sit with our emotions
- 3.5 Sitting with our emotions exercise

MODULE 4 - GETTING YOUR BODY ON YOUR TEAM

- 4.1 A holistic approach to climate distress
- 4.2 Sleep
- 4.3 Exercise
- 4.4 Healthy Diet

MODULE 5 - GETTING YOUR MIND ON YOUR TEAM

- 5.1 Manage your thoughts
- 5.2 Manage your words
- 5.3 Some extra tools for managing climate distress
- 5.4 PS) You are allowed to have fun

MODULE 6 - TOWARDS RESILIENCE AND HOPE

- 6.1 Our second check-in
- 6.2 Building resilience
- 6.3 Optimising your energy
- 6.4 Regaining hope