

Are you concerned about the effects of the climate crisis on your future?

RECOMMENDATIONS OF ACTION FOR YOUNG ADULTS BETWEEN 15-25 YEARS

This paper summarises the most important recommendations of action and gives concrete advices on how to improve your mental health state caused by the climate crisis.

ACTIONS IN GROUPS

Activism with others



Join a global or regional movement e.g. fridays4future, extinction rebellion, climate strike, sunrise movement.

Community building



Find and connect with likeminded people who you can connect with. They will support you when having a hard time. Together we are stronger.

Conversations



Talk to family, friends, teachers, therapist or activists about your concerns regarding the climate crisis and your mental health state. Opening up might be hard at first, but rewarding in the long run.

ACTIONS ON YOUR OWN

Resilience

Acceptance



Allow all feelings associated with the climate crisis and its mental distress. Give them space.

Everyday activism



Get active & change your habits regarding mobility, nutrition, consumerism, activism

Self-efficacy



Start with the smallest step possible into the direction of your vision of the world.

Boundary setting



Schedule time for things that nurture you. E.g. sports, reading, watching a movie.

Hope



Remain hopeful and try to play an active and brave role in the solution. Search for successful actions and projects to motivate you.

Therapy/professional help



Search for climate-sensitive psychologists to talk about your feelings with an expert. E.g. www.climatepsychologyinternational.org

QUESTIONS?

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REFERENCES

All used references can be found in the thesis from Moira Trüb with the title: "Mental distress caused by the climate crisis - A qualitative study with recommendations of action for young adults"

