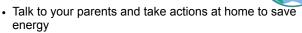


# Personal Coping Strategies for Teens

- Appreciate your efforts and don't take responsibility for things outside your control
- Try yoga, dance, gardening or meditation to relax
- Spend time in nature, practice mindfulness, and focus on the present
- Make an emergency flood plan with your family
- Make a 72-hour emergency kit with your family
- Talk to friends and family about your concerns
- · Take a break from social media and the news
- · Learn about other kids who are making a difference
- · Learn about weather and ecology in your local area
- · Focus on positive changes and small victories

## **Environmental Action for Teens**



- Recycle your clothes, shop second-hand, or have a clothing swap party
- Shop locally, bring your own bags, buy reused or recycled items
- Refuse single use plastics like bags, straws and packaging
- Eat local seasonal foods, eat less meat
- Ride your bike, carpool, take the bus
- · Plant trees or native gardens
- Be Political: write a letter to your town council or MLA
- Organize a litter collection day or climate action day at your school
- Start or join an eco-club

If you, or someone you know, is struggling with climate stress or mental health concerns, please reach out to a professional.

#### Resources:

**Kids Help Line** 1-800-668-6868 or text CONNECT to 686868

Iris Counselling - marie@iriscounselling.ca or krista@iriscounselling.ca

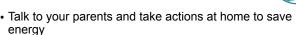


www.eosecoenergy.com

### Personal Coping Strategies for Teens

- Appreciate your efforts and don't take responsibility for things outside your control
- Try yoga, dance, gardening or meditation to relax
- Spend time in nature, practice mindfulness, and focus on the present
- · Make an emergency flood plan with your family
- Make a 72-hour emergency kit with your family
- Talk to friends and family about your concerns
- Take a break from social media and the news
- Learn about other kids who are making a difference
- Learn about weather and ecology in your local area
- Focus on positive changes and small victories

#### **Environmental Action for Teens**



- Recycle your clothes, shop second-hand, or have a clothing swap party
- Shop locally, bring your own bags, buy reused or recycled items
- Refuse single use plastics like bags, straws and packaging
- Eat local seasonal foods, eat less meat
- · Ride your bike, carpool, take the bus
- Plant trees or native gardens
- Be Political: write a letter to your town council or MLA
- Organize a litter collection day or climate action day at your school
- · Start or join an eco-club

If you, or someone you know, is struggling with climate stress or mental health concerns, please reach out to a professional.

#### Resources:

**Kids Help Line** 1-800-668-6868 or text CONNECT to 686868

Iris Counselling - marie@iriscounselling.ca or krista@iriscounselling.ca



www.eosecoenergy.com

## Personal Coping Strategies for Teens

- Appreciate your efforts and don't take responsibility for things outside your control
- Try yoga, dance, gardening or meditation to relax
- Spend time in nature, practice mindfulness, and focus on the present
- Make an emergency flood plan with your family
- Make a 72-hour emergency kit with your family
- Talk to friends and family about your concerns
- Take a break from social media and the news
- Learn about other kids who are making a difference
- Learn about weather and ecology in your local area
- Focus on positive changes and small victories

#### **Environmental Action for Teens**

- Talk to your parents and take actions at home to save energy
- Recycle your clothes, shop second-hand, or have a clothing swap party
- Shop locally, bring your own bags, buy reused or recycled items
- Refuse single use plastics like bags, straws and packaging
- Eat local seasonal foods, eat less meat
- Ride your bike, carpool, take the bus
- Plant trees or native gardens
- · Be Political: write a letter to your town council or MLA
- Organize a litter collection day or climate action day at your school
- · Start or join an eco-club

If you, or someone you know, is struggling with climate stress or mental health concerns, please reach out to a professional.

### Resources:

**Kids Help Line** 1-800-668-6868 or text CONNECT to 686868

Iris Counselling - marie@iriscounselling.ca or krista@iriscounselling.ca



www.eosecoenergy.com