

Worried about Climate Change?

WHAT IS CLIMATE STRESS?

Our changing climate can mean more extreme and unpredictable weather events. It can be stressful and scary to think about climate change.

What can teens do?

Do
your
part

Take a break

Eat well

Get outside

Try
something
new

Get enough
sleep

Talk about it!

Get involved

You're not alone. There are actions you can take and ways to cope!
Take small steps and focus on the positive changes. Get active and involved!

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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

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