



Hi Readers,

In this time of the coronavirus emergency many people are asking what can we learn and how might we apply this learning to the larger unfolding crisis of climate change. From the importance of respecting science, the reduction in CO2 through working from home and restricted travel, to the realisation that we are embedded in a physical reality that we cannot argue with, Bill McKibben offers some interesting reflections in this New Yorker article on [what the coronavirus can teach us](#).

In the introduction of her latest podcast interview (listen below) with Bob Doppelt on transformational resilience, Bronwyn Gresham reflects on the different stories we can tell ourselves in a time of crisis and what this means for our response. It can be easy to look at the bare shelves of supermarkets and feel we live in a world where individuals have to fend for themselves, where self-protection means ignoring the needs of the community. Yet Bron reminds us too of the alternative stories present for many Australians in recent times. Stories of solidarity, people coming together, making sacrifices and helping each other through the bushfires.

Here at Psychology for a Safe Climate we see the relationship between the cultivation of personal resilience and the ability to participate in collective action - be it in service of climate justice or in responding to the coronavirus. We are interested in how we can support people to grow and transform in the midst of adverse experiences. As Bron says in her podcast introduction, the resources of love, collaboration, and courage in times of crisis are renewable. We can learn them and we can share them with others.

In that spirit, we wanted to share some further resources with you that will help contribute to your wellbeing and the wellbeing of those around you. Sometimes, it can be as simple as taking 5 minutes to notice that in this moment, you are basically alright, as Rick Hanson suggests in the meditation we've shared below.

We hope this newsletter finds you and your loved ones in good health and well-supported.

For a safe climate,
Beth, Carol and the PSC team

A basket of resources for cultivating resilience in these times

[The Commons Social Change Library](#) is a wonderful website with information and guidance on how you can look after yourself and others during these times.

[A listening care package for the exhausted and overwhelmed](#)

[Template for a letter](#) that you can use to build connection in your neighbourhood (if you have capacity) during this time where social distancing must be practiced. This resource comes from Extinction Rebellion.

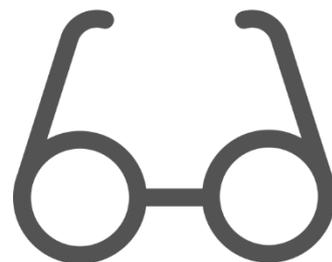


Powerful emotional stories about Australia's wildfires

This is a wonderful compilation of writing about the fires to emerge from Australia in recent months that addresses the heartfelt emotional and cultural effects of devastating environmental loss. This article draws out the importance of understanding these events through the internal realms of human response and experience, you can read the article in full [here](#).

A solution to extreme heat is in our own backyards

Recently published research shows that one of the most effective means to address extreme heat is right on our doorsteps. Urban tree cover, primarily found in people's backyards, can lower temperatures by 5-6 degrees Celsius. Another reminder to keep planting trees and to care for those we already have in our yards and on our streets. Read more [here](#).



How does a nation adapt to its own murder?

A powerful piece by writer Richard Flanagan that asks what does resilience mean as the government continues to plan for new coal mines? Read more [here](#).



Feeling the change: from panic to growth

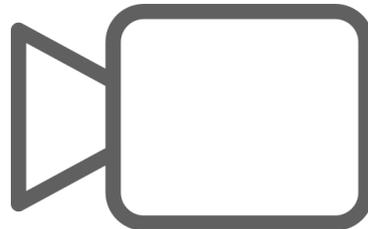
In this podcast PSC member Bronwyn interviews Bob Doppelt the founder and coordinator of the International Transformational Resilience Coalition. The concept of Transformational Resilience has been informing much of PSC's work for the last 12 months and this podcast offers a wonderful breakdown of the research and theories behind it. You can listen [here](#).

A meditation on feeling as safe as you reasonably can

Rick Hanson, PhD is a psychologist, mindfulness teacher and author of many best-selling books that support people to discover well-being in their daily lives through innovative mindfulness practices. This five minute meditation is a simple offering to support you in cultivating a feeling of safety in the midst of difficult circumstances and uncertainty. It's a simple practice we thought you might find helpful as we navigate this time of climate crisis and coronavirus. You can listen [here](#).

Civil Discobedience

This video is a bit of a throwback to the October 2019 Extinction Rebellion that will hopefully brighten your day and inspire you to start rehearsing for Cardio for Climate. As we understand it "civil discobedience" was an Australian invention! You can [watch here](#). May we continue to find colourful, creative and connecting ways to protest climate change (see below the latest Cardio for Climate initiative which builds on the same theme as the civil discobedience).



How on earth: Christiana Figueres and Ross Garnaut on climate solutions now

In the midst of the coronavirus this public event run by the Wheeler Centre was cancelled, however the conversation between Christiana and Ross went ahead and was filmed so we can all watch it now. This is a great conversation between two of the world leading thinkers on climate change that discusses solutions. You can [watch here](#).



Event: Climate anxiety - coping together. What can humanism offer?

This event is being hosted by [The Victorian Humanists](#) to explore the topic of climate anxiety. It will begin with a brief clarification on the history and meaning of humanism. Then the main focus of the event will be to discuss its relevance and connection to climate change and the anxiety that this can raise. It will touch on the emotional support services available to the climate movement, and what humanism might add. There will then be an open discussion of topics or themes that appeal to you.

When: Tuesday, 31 March, 5pm - 6.30pm

Where: Ross House, 247-251 Flinders Lane, Melbourne (Mezzanine - Sue Healy Room)

RSVP: <https://www.meetup.com/Humanists-Melbourne/events/269197197/>



Event: Cardio for climate (postponed)

This event was set to go ahead on March 28, unfortunately in light of developments with the corona virus it has been postponed. We still thought it'd be worth letting you know about here as it will no doubt go ahead at some point later this year and it's great to be prepared!

This action is fun, easy and open to everyone. It's time to get match ready:

1. Get your outfit together. Bright colours, activewear, sportswear, 80s fitness fun.
2. Learn the moves. Practise at home with this [brand new no expenses spared video](#).
3. Tell a friend, or ten.

PSC volunteers are based on the lands of the Wurundjeri tribe of the Kulin nation. We acknowledge their elders past, present and future. PSC acknowledges Aboriginal and Torres Strait Islanders are Australia's First Peoples and the traditional owners and custodians of the land on which we work.

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