



Hi Readers,

We know how busy and overwhelming life can be, perhaps especially when you're working from home! There is always more to read on climate change and always people publishing and sharing fascinating perspectives. Sometimes we find ourselves with twenty tabs open on our internet browser full of great articles or blogs that we simply never get around to reading!

So, this month we're experimenting with summarising the sources we share in this newsletter by highlighting 3 key points or ideas from each article. That way, you can read the article if you're interested, but if you don't have time you still get a sense of the conversations that are happening out there about climate change and psychology. For the next few months we're also experimenting with including a home practice you might take up that could be supportive of your own mental health or connection with others.

We'd love some feedback about what you'd like to see more (or less) of in our newsletters each month, so we've also made a quick survey you can access by clicking on the button below.

[PSC Monthly Newsletter Survey](#)

We're taking a break from running workshops over June and July this year as we focus on building long term plan for PSC that keeps us sustainable and ensures we can keep sharing relevant and quality offerings with the community. Our focus continues to be centered on work that supports people to take action on climate change, build resilience and keep the conversation about the complex emotional terrain of climate change alive amongst activists, policy makers and health and wellness professionals. You will be hearing more about our big plans in the next few months, so stay tuned for how you might be able to contribute (or benefit) from what is changing behind the scenes in our organisation.

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



Drawing by Cate Dudley following the summer fires in the Blue Mountains, NSW 2020



Some interesting reads

Anger as an emotion to fuel action on climate change

This article explores the results of a recent [Yale study](#) on public opinion of climate change in the United States that discovered that 95 million Americans are angry about climate change.

- The author suggests that the debate about fear vs hope motivating action on climate is essentially a dead-end, arguing that we need both *and* anger to motivate people into action.
- It explores anger as an essential emotion in political action despite it being controversial and distasteful to many people.
- It also has some interesting reflections on effective climate change messaging that brings fear, hope and anger together. You can read the article in full [here](#).

Energising climate conversations

- Dr Sally Gillespie, a wonderful thinker and feeler on climate change and consciousness, writes in this piece about the necessity of making public space for the acknowledgment of emotions about climate change.
- A particularly powerful anecdote about a minute of silence for grief at a climate rally really illuminates the importance of including our emotional landscape about this issue when we talk about it in public with each other - at rallies, at conferences, at dinner parties.
- It goes against the cultural grain, but Sally points out that sharing our difficult feelings publicly can lead to much greater connection, joy and effective action on issues like climate change. Read more [here](#).

Climate grief: How we mourn a changing planet

- Finnish researcher Panu Pinkhala discusses the kinds of grief related to climate change: bereavement-grief following a natural disaster that hits you or your loved ones; transitional grief - the growing awareness of the changes occurring and also to the loss of identities, beliefs, and lifestyles; and anticipatory grief - we wonder what will be lost?
- Much of our uncertainty about climate change is not just about losses in the natural world, but also about social uncertainty, related both to disputes and to practical choices, about which social norms to follow.
- Part of facing our grief involves relearning the world as it is (not as it was, or as we hoped it would be). Part of this relearning involves naming our 'ecological emotions', such as [solastalgia](#). Pinkhala suggests that place specific words may help us in articulating our feelings such as "Reef Grief" or "Snow Anxiety" as come to terms with changes already occurring. He ends the article with some of the interesting terms that relate to the loss of traditional winters in Finland. You can read it in full [here](#).



A good listen

Why climate emotions matter

This is an episode from a podcast series by Jennifer Atkinson called 'Facing It' a podcast about love, loss and the natural world. In this episode Jennifer explores whether reason or emotion is more important in driving climate action. Moving beyond to question whether this binary itself is the problem. You can listen [here](#).

Climate Grief

The Science Show on ABC Radio National is running a series on climate grief at the moment. In this episode Missy Higgins describes the emotions – and the science – that have inspired her songs about her grief for our rapidly changing climate. You can listen [here](#).

Is saving our planet still possible?

ABC's 'Big Ideas' series presents a lecture from Dr Aila Keto, president of the Australian Rainforest Conservation Society, who explores whether it is still possible to save our planet. While leaving no doubt about the urgency of action on climate change, she remains optimistic and discusses some very encouraging new initiatives coming out of the finance and the banking sector. You can listen [here](#).



A supportive practice

Virtual hugging meditation

This practice comes from our very own Charles Le Feuvre, vice-president of Psychology for a Safe Climate. Charles adapted this practice from Tich Nhat Hanh's book 'At Home in the World'. We explored this together early during the Covid restrictions when suddenly all of our in person meetings had to happen over Zoom and found it to be a wonderful way to connect and to find comfort. Tich Nhat Hanh's hugging meditation grew in response to his initial unfamiliarity with hugging (as a Buddhist monk!) and his growing interactions with the Western world. According to the practice you have to really hug the person you are hugging. You have to make the person very real in your arms.... be really there, fully present.

Begin by making yourself comfortable and agreeing with other Zoom participants to undertake the practice together. In this virtual (zoom) situation look at everyone in turn. Either:

1. Just look and imagine yourself hugging and being hugged by the other or
2. As you look, hug yourself as the one hugging and/or being hugged

Breathe consciously while hugging, and hug with all your mind, body and heart. As you breathe in you could say to yourself- 'I know my dear friend is in my arms, alive'. As you breathe out you could say 'He/she is so precious to me'. While you hold him/her and breathe in and out three times the person in your arms becomes real, and you become real at the same time.

When you have finished hugging with everyone in turn for three breaths come back to yourself, close your eyes- feel the feeling of hugging and being hugged as you breathe in and out.



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.

Our mailing address is:

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