

Deep Resilience and Inner Adaptation

WORKING with CLIMATE ANXIETY and ECO-GRIEF

How DOES it FEEL to SHARE JOY and GRATITUDE ABOUT NATURAL SPACES?

IT'S IMPORTANT to PRACTICE ACTIVE LISTENING

WE HAVE to SUPPORT EACH OTHER to BUILD CAPACITY

WE DON'T HAVE to DO THIS ALONE

OUR PSYCHES are NOT DESIGNED to DEAL with this MUCH TRAUMA

EXHAUSTION
CREATIVITY
HOPEFUL
NUMBNESS
INSPIRED
POSSIBILITY

THIS IS AWARENESS WORK

INTELLECT KNOWING
HEART KNOWING
GUT KNOWING (instinct)

WHEN WE SHUT DOWN, WE BLOCK OUR POSSIBILITY

WE HAVE to FEEL THIS

FOLLOW YOUR HEARTBREAK



WE ARE THE EARTH'S WHITE BLOOD CELLS

WE CAN FACE this TOGETHER!

VULNERABILITY is KNOWING that WE'RE ALIVE and that WE CARE

BE OPEN to CREATIVITY and POSSIBILITY!

WE DON'T KNOW WHAT'S GOING to HAPPEN!



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