

# CLIMATE ANXIETY ON THE RISE

5  
STRATEGIES  
TO HELP  
RELIEVE  
EFFECTS

## Get outdoors and spend time in nature:

Immersing yourself in the natural world is one of the most effective ways to relax and recharge. Nature has a profound ability to improve mental and physical well-being.

## Get involved in local stewardship projects:

Engaging in environmental projects can be empowering. It allows you to make a tangible positive impact, which can alleviate feelings of helplessness and worry. Keep an eye out for park and beach clean ups, invasive species removal or tree-planting events, and volunteer opportunities with local stewardship and environmental groups.

## Connect with like-minded individuals:

Sharing your experience of climate anxiety with others who feel similarly can be validating and relieving. It can also inspire new ideas on how to take collective action.

## Use tools like mindfulness or meditation:

These techniques are excellent for calming anxious thoughts and fostering a sense of grounding, positivity and peace.

## Join an environmental citizen science program:

There are many amazing opportunities to help meaningfully contribute to science and grow your environmental knowledge. This includes our National Lake Blitz, an entry-level lake monitoring program.

**Living Lakes Canada** is an award-winning NGO that facilitates collaboration in monitoring, restoration, and policy development initiatives for the long-term protection of lakes, rivers, aquifers, wetlands and watersheds across Canada.

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