

ECLAS



I am 10 years old and experience eco-anxiety. Climate change is happening very quickly, but I feel like I cannot help because I am so young. Do you have any advice?

Consider: how climate scientists and world leaders are helping the climate? How can young people can get involved in climate work?
Remember to be compassionate and caring!





I am a 21 year old climate activist. I have been resting recently but would like to get into climate activism again. How can I go about doing this in a healthy way?

Consider: why is rest important to a climate activist? How often do you think they should rest? What can the climate activist do to unwind? Remember to be compassionate and caring!

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I am 78 years old and a grandfather to five young children. I am worried about what the world will be like when they are older. How can I feel less worried?

Consider: do we still have time to act on climate change? What positive steps are being made by climate activists and scientists today?



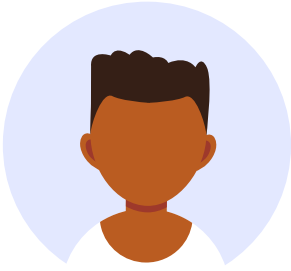
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I am a doctor. A few patients have visited my surgery saying they are feeling nervous about climate change. I do not know much about the climate: what can I say to them to ease their minds?

Consider: do we still have time to act on climate change? Where could the doctor learn about climate change? What activities could the doctor recommend to their patients to ease their worries?

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I am a vicar at a local church. Some members of my congregation are upset about the health of the planet and worried that we are not being good stewards to the Earth on behalf of God. What should I say to them next week?

Consider: who is the most responsible for climate change, individuals or big fossil fuel companies? What can individuals do to help? What activities could the vicar recommend to his congregation?

