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The Young People At A Crossroads Project

Mind, Body & Soul:

Understanding Climate Anxiety

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for

Kit Marie Rackley



Soul:

Why are we anxious about climate change?

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

UEA University of East Anglia

PROJECT CHANGE

Geogramblings
The Life Geographic



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Original credit:
Kit Marie Rackley (they/she)
UEA Project Change Educator

Why Are We Anxious?

First...

Soul



IT'S NORMAL

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for

Why Are We Anxious?

Language



Soul



"Unequivocal"

"Unprecedented"

"Irreversible"

"Collapse"

"Threat"



Climate change: 'Hothouse Earth' risks even if CO2 emissions slashed

CNN
Earth at risk of becoming 'hothouse' if tipping point reached, report warns

By Euan McKirdy, CNN
Updated 15:17 GMT (23:17 HKT) August 7, 2018

sky news
Earth is '1C away from Hothouse State that threatens the future of humanity'

Experts have warned that uncontrollable climate change could be just decades away, rendering parts of the planet uninhabitable.

NewScientist
DAILY NEWS 6 August 2018
Global warming may become unstoppable even if we stick to Paris target



Domino-effect of climate events could move Earth into a 'hothouse' state

Leading scientists warn that passing such a point would make efforts to reduce emissions increasingly futile



NEWS / CLIMATE SOS
Earth at risk of tipping into hellish 'hothouse' conditions

World could be entering warmer period that would see average temperatures rise by between four and five degrees Celsius.



ITV REPORT 6 August 2018 at 7:59pm
Earth 'just decades away from global warming tipping point which threatens future of humanity'

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



Carbon Brief, January 8. 2019

Why Are We Anxious?

Disempowered



Soul



Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Why Are We Anxious?

Disconnect



Soul


“Chronic or non-communicable diseases such as depression, cancer, cardiovascular disease, diabetes and dementia are the leading cause of death globally.

Many of these non-communicable diseases are linked to lifestyle, including physical inactivity, poor diet and chronic stress – which are increasing problems in urban areas.”

NAT. HISTORY MUSEUM UK & WORLD HEALTH ORGANISATION

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Why Are We Anxious?

We care! 

Soul



KIDS WANT
CLIMATE JUSTICE

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for

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Why Are We Anxious?

Soul



LANGUAGE



DISEMPowered



DISCONNECT



WE CARE

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Why Are We Anxious?

Soul



IT'S ALL NORMAL

So, what can we do?

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Mind:

Climate mindfulness

ing people at a crossroads project was
y the UK Economic and Social Research
from 2021–2023, in partnership with
iversity of Manchester and
ity of Melbourne

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for



Original credit:
Kate Russell (she/her)
UEA Associate Professor of Physical Education

Opening up to options

Step 1

Mind



How our thoughts/feelings about the climate get really overwhelming at times

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Opening up to options

Step 2

Mind

Feeling
overwhelmed,
constricted,
claustrophobic



Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for

Opening up to options

Step 3

Mind

What might help here to make it easier to manage?

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Opening up to options

Step 4

Mind

Create a sense of spaciousness

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



STOP AND PAUSE

Mind



TAKE A FEW BREATHS



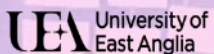
OBSERVE WHAT IS HERE



PROCEED



Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



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Body:

Reconnecting with nature

ing people at a cr
y the UK Economic and Social Research
from 2021-2023, in partnership with
iversity of Manchester and
ity of Melbourne

Kit Marie Rackley (they/she), inspired by:
Emma Lindsay (she/her)
Artist & Movement Practitioner

Reconnecting with nature

Body



Let's get outside and reconnect!

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

EVEN WEB-BASED SOMATIC EXCURSIONS

body-earth.org/about

Body

Body and Earth



ing people at a crossroads project was
by the UK Economic and Social Research
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University of Melbourne



Body-Mind CENTERING®

An Embodied Approach to Movement, Body and Consciousness

bodymindcentering.com/about

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for



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Return to the **Soul:**

Anxiety into agency...

Based on a workshop written by Kit Marie Rackley,
Kate Russell and Emma Lindsay for



Original credit:
Kit Marie Rackley (they/she)
UEA Project Change Educator

Anxiety into agency

Soul



LANGUAGE

DISEMPowered

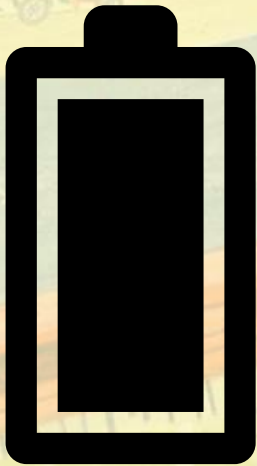
DISCONNECT

WE CARE

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Anxiety into agency

Soul



LANGUAGE

EMPOWERED

RECONNECT

KEEP CARING!

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



Anxiety into agency

Soul



RECONNECT



Candace Lloyd (she/her)

- Métis
- Knowledge keeper
- White Raven Woman

In collaboration with **The ENVCAST**



Canada



Coffee & Geography



@CoffeeGeogPod

Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for

Soul

"Why Not Now?"

A piece inspired by young people created for the

Youth Climate Summit 2020



Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



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STOP AND PAUSE

Mind



TAKE A FEW BREATHS



OBSERVE WHAT IS HERE



PROCEED



Based on a workshop written by Kit Marie Rackley, Kate Russell and Emma Lindsay for



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