

What is climate grief?

Political Grief – our emotional response to losses we experience, witness, or anticipate as a result of the systems of oppression we live under (e.g., capitalism, colonialism, white supremacy).

Climate Grief – the natural human response, conscious or unconscious, to the losses we experience and anticipate as a result of the climate crisis and the systems of oppression that cause it. A form of political grief.



What does climate grief feel like for you?

Share in the chat any of the emotions, sensations, or metaphors that you associate with the climate crisis.



A person in a white dress stands on a dark, starry landscape under a starry sky. The person is positioned in the upper center of the frame, looking out over a vast, dark expanse filled with numerous small, bright stars. The sky above is a lighter, hazy blue with more stars. The overall mood is contemplative and ethereal.

Coping emotions

(numbness, anxiety,
apathy, manic overwork)

Core emotions

(fear, sorrow, guilt, powerlessness,
despair, ***longing***)







Resources

Drop-in Climate Grief Circles (every 2nd Monday, next one Feb 28, 6pm MST)

<https://gabrielleghelderman.squarespace.com/upcomingevents>

One-on-one sessions (free for organizers)

<https://gabrielleghelderman.squarespace.com/book-a-session>

Climate Grief Resource List

<https://gabrielleghelderman.squarespace.com/resources>

Zoom link for post-webinar check in

<https://zoom.us/j/2402851417>

“Healing is movement and work towards wholeness. Healing is never a definite location but something in a process. It is the basic ordinary work of staying engaged with our own hurt and limitations. Healing does not mean forgiveness either, though it is a result of it.

...

My goal is to befriend my pain, To relate to it intimately as a means to end the suffering of desperately trying to avoid it. Opening our hearts to woundedness helps us to understand that everyone around carries around the same woundedness.”

– Radical Dharma, Lama Rod Owens

A young girl with curly brown hair, wearing a pink t-shirt and blue shorts, is running away from a large peacock on a paved path. The peacock is in the background, facing the girl. The scene is outdoors with green grass and trees in the background. The word "Reality" is written in a large, white, serif font with a black outline, positioned above the girl. The word "Me" is written in a large, white, serif font with a black outline, positioned to the right of the girl. A small, white, sans-serif text "@theClusterBfive" is visible on the path between the girl and the peacock.

Reality

Me

@theClusterBfive

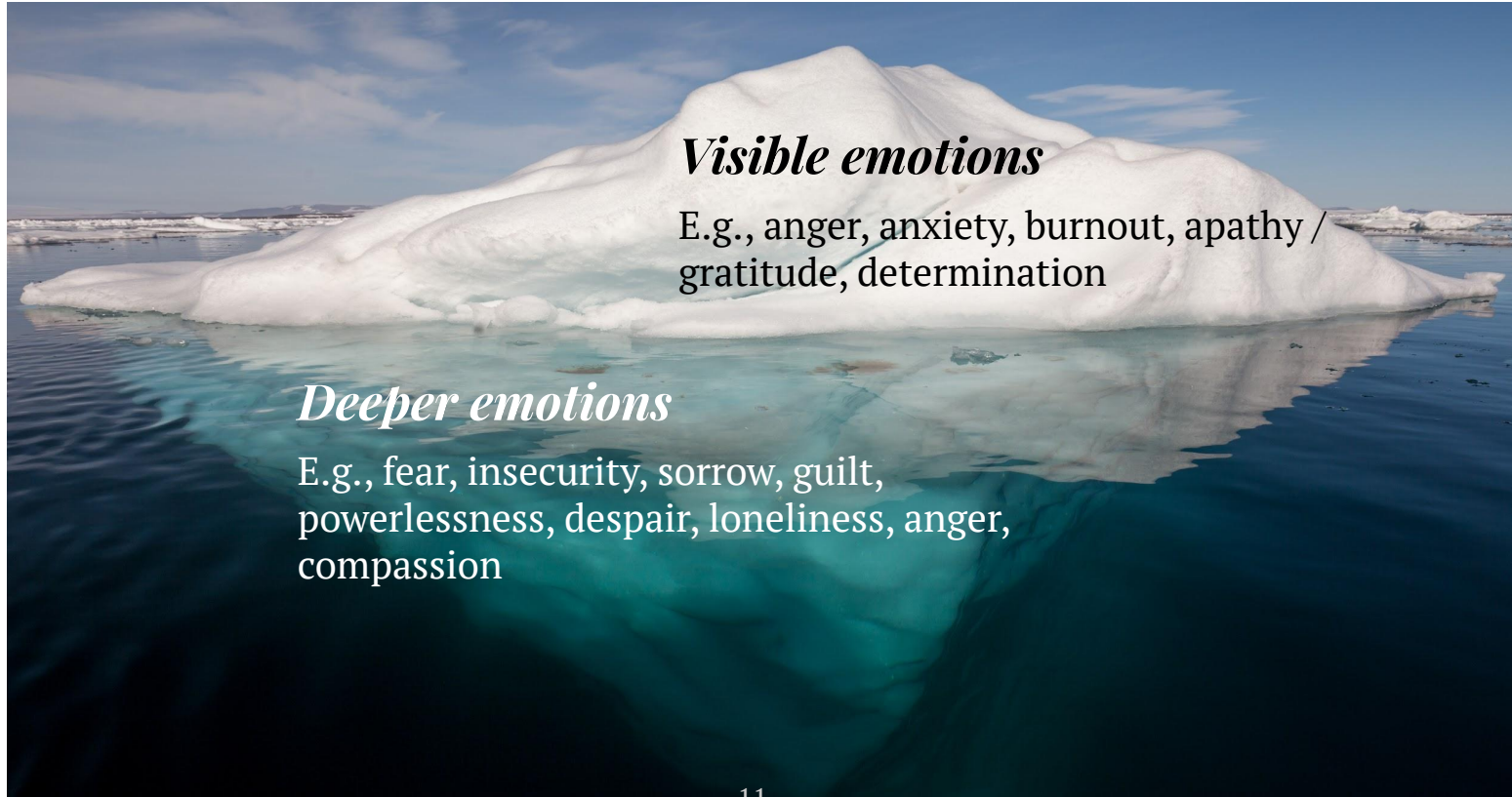


our fascocaptialist
dystopian reality

me wondering
why someone
didn't text me back

@aidenarata

Climate Emotion Iceberg



Visible emotions

E.g., anger, anxiety, burnout, apathy /
gratitude, determination

Deeper emotions

E.g., fear, insecurity, sorrow, guilt,
powerlessness, despair, loneliness, anger,
compassion

Numbness /
Meaningless
ness

me after another day of bearing witness to
the frailty and fragility of human existence





the thicc husband & father
@lukeisamazing



every day



Dommerism / Nihilism



**skipping right from climate
denialism to climate
doomerism**

**mainstream media
and lots of
privileged white
people**

**a better world
is literally
possible**