

Managing Eco-distress in Times of Crises

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We are living in troubling times...

- Two years of pandemic
- Outbreak of major European war
- Looming economic, energy and food crisis
- Climate Breakdown all around and worsening
- Biodiversity collapse and sixth great extinction underway
- Rising inequality and social injustice
- Increasing, authoritarianism and polarisation in society

Understanding our predicament

- The industrial civilisation in which we live is unsustainable and in a state of collapse, as it is destroying the natural world on which it depends.

Understanding our emotional response

- Trauma/ distress at what is happening
- Anxiety/ Fear at what is to come
- Anger/ Rage
- Grief/ Sorrow at what is lost
- Depression/ Despair/ Hopelessness
- Motivation/ Passion to act

Managing our emotional response

- Acknowledge and express your feelings
- Be wary about, denial, wishful thinking and scapegoating
- Seek support from others
- Channel your emotions into helpful action

Helpful actions to make a difference

- Support people who are directly suffering
- Cut your carbon foot print/ live life simply
- Become political/ a community activist/ campaign for society change
- Fight for democracy, nationally and internationally
- Conserve nature, preserving bogs, growing trees.
- Become an organic farmer support regenerative
- Build resilience by growing food, supporting local enterprise, local energy projects

Managing our emotional response

- Acknowledge and express your feelings
- Be wary about, denial, wishful thinking and scapegoating
- Seek support from others
- Channel your emotions into helpful action
- Be careful of emotional burnout
- Live well and keep your values - compassion, empathy, gratitude and gratitude..

Three important virtues

Grant me the serenity
to **accept** the things I cannot change,
courage to change the things I can, and the
wisdom to know the difference

Seek Support

1. [Drawdown.org](https://drawdown.org)
2. [Foe.ie](https://foe.ie)
3. [Feasta.org](https://feasta.org)
4. antaisce.org
5. lovingearth-project.uk
6. goodgriefnetwork.org
7. deepadaptation.info
8. postdoom.com
9. climatepsychologyalliance.org

deepadaptation.info

Deep Adaptation offers four questions to help guide our inquiry into what kind of adaptation may be appropriate for our lives:

Resilience: what do we most value that we want to keep, and how?

Relinquishment: what do we need to let go of so as not to make matters worse?

Restoration: what could we bring back to help us with these difficult times?

Reconciliation: with what and whom shall we make peace as we awaken to our mutual mortality?

With these ideas – and with the values of compassion, curiosity, and respect – we are embarking on a collaborative journey of understanding.

goodgriefnetwork.org

1. Accept the Severity of the Predicament
2. Practice Being With Uncertainty
3. Honor My Mortality & The Mortality of All
4. Do Inner Work
5. Develop Awareness of Biases & Perception
6. Practice Gratitude, Witness Beauty, & Create Connections
7. Take Breaks & Rest
8. Grieve the Harm I Have Caused
9. Show Up
10. Reinvest in Meaningful Efforts