

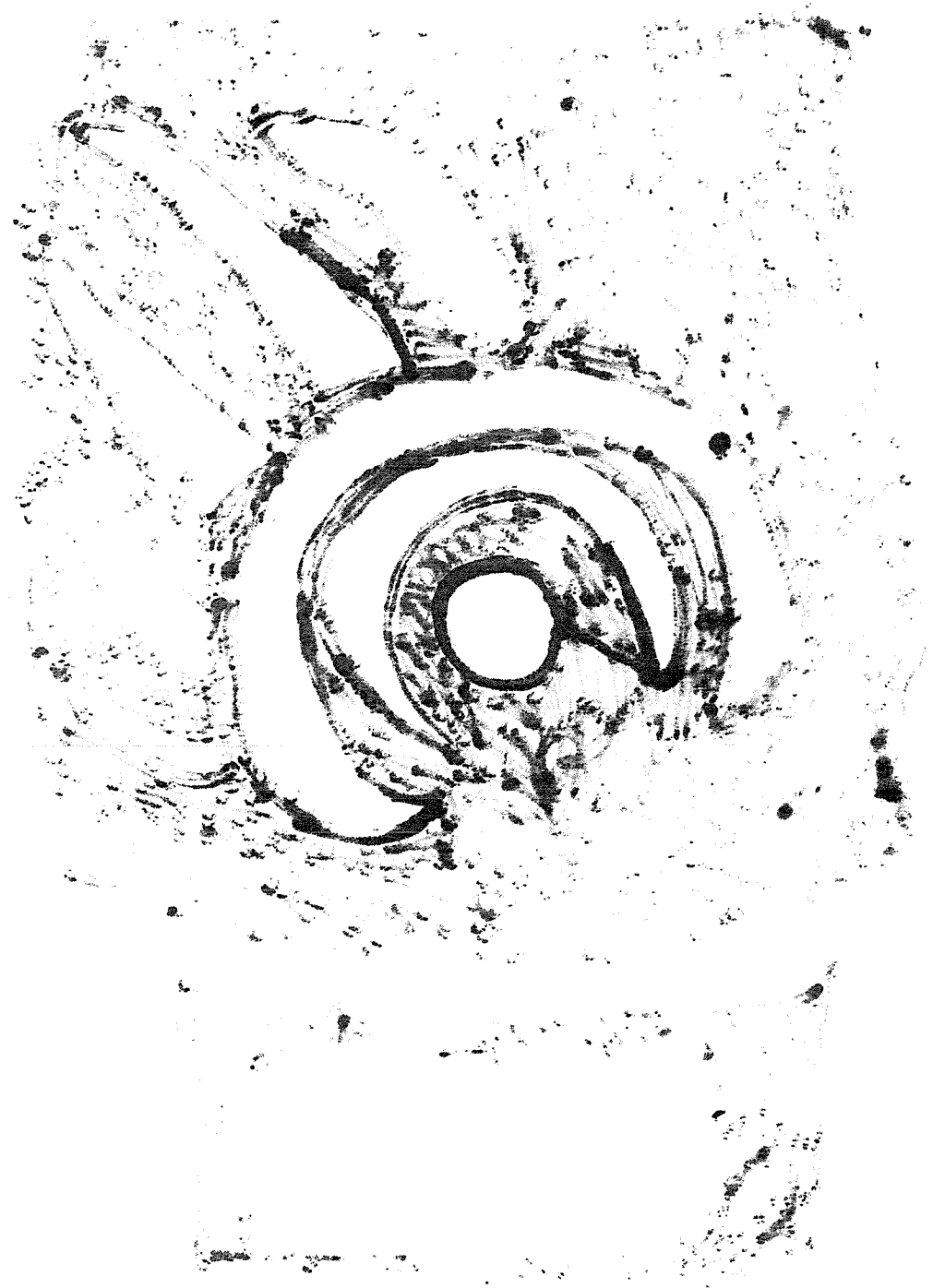
coping with eco-anxiety



grounding in nature.

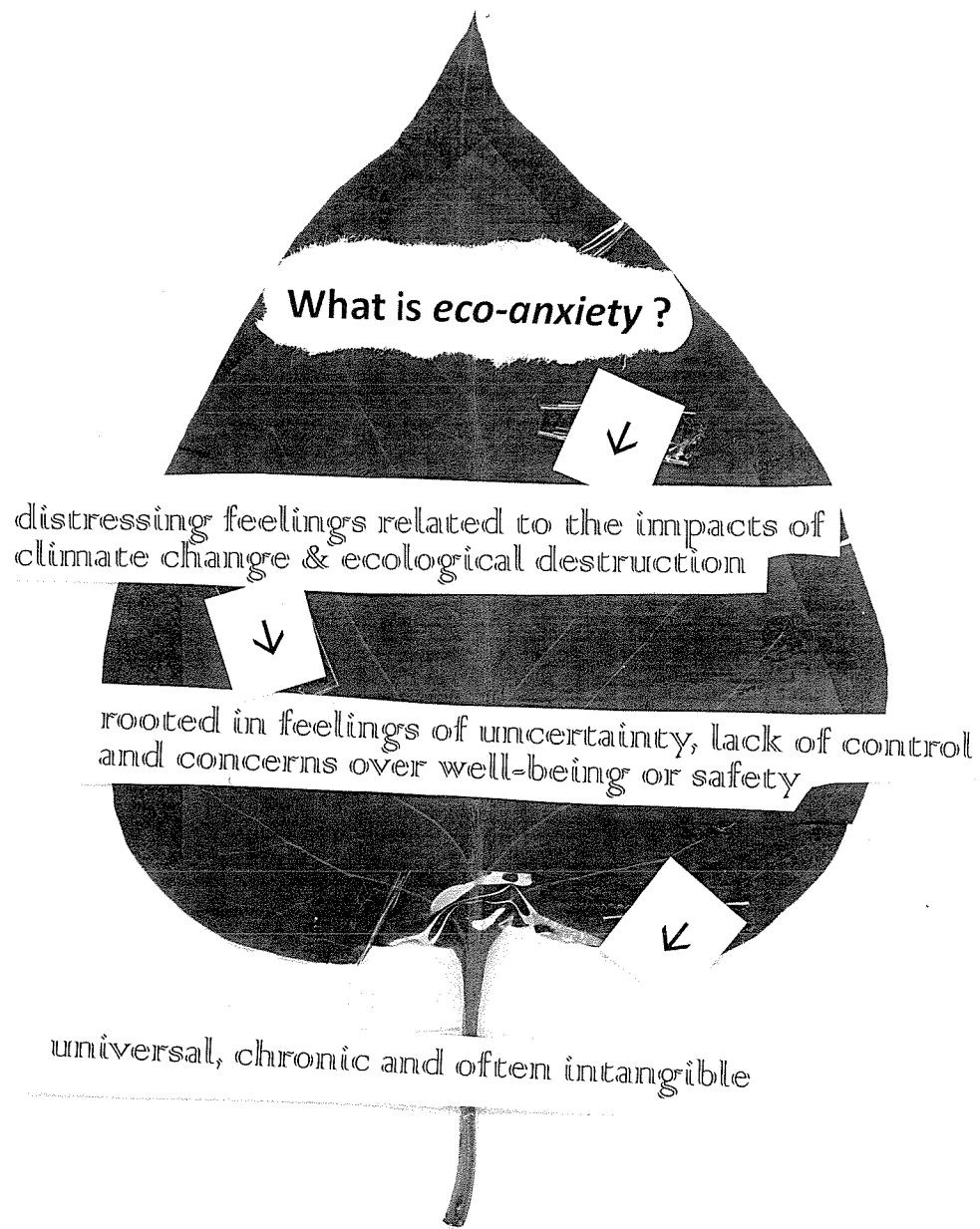
a zine by CPAWS-BC





"The land knows you,
even when you
are lost"

- Robin Wall Kimmerer,
botanist + author,
Braiding Sweetgrass




→ a zine by the Youth Engagement team ←
at
CPAWS-BC
April, 2024

Check us out at
<https://cpawsbc.org/>

Learn about our youth leadership program – Young Leaders in Conservation





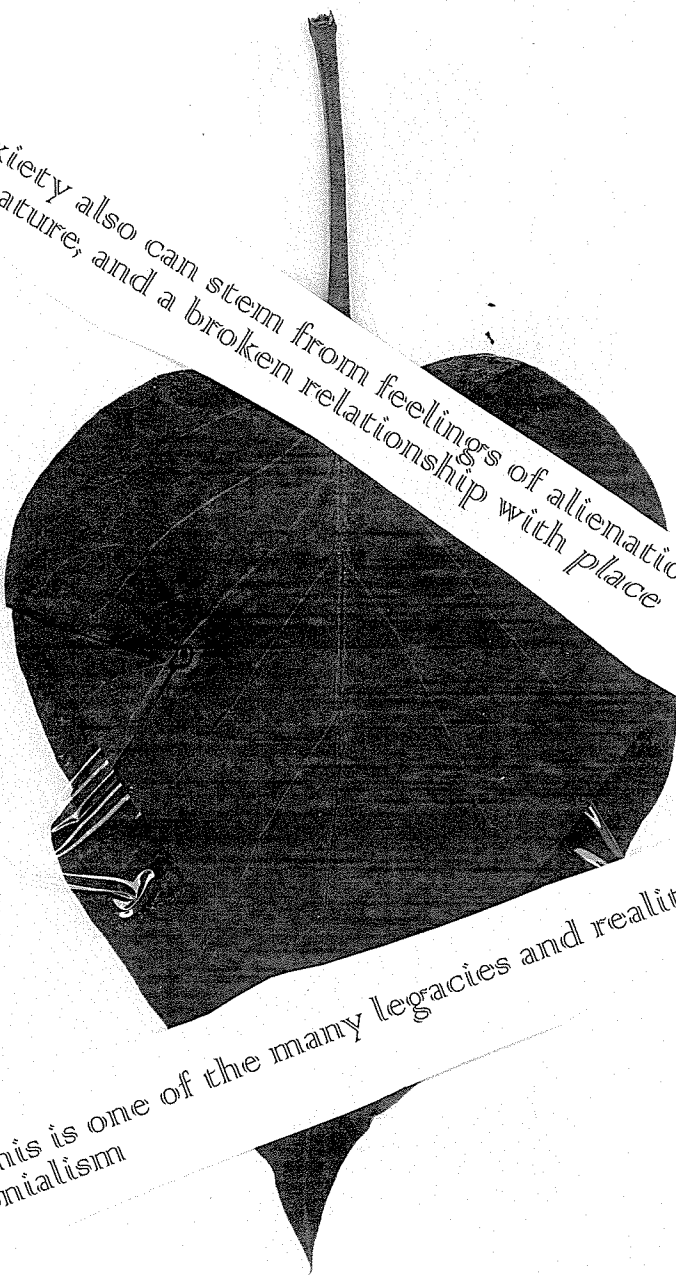
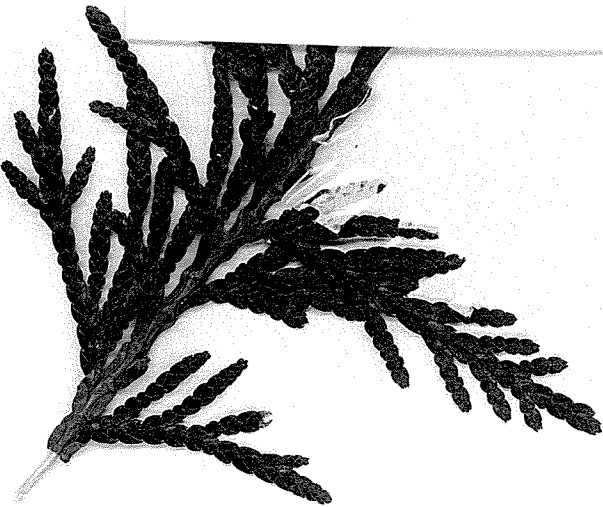
Take care of *yourself*



take care of the *Earth*



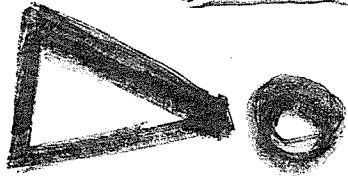
take care of *each other*



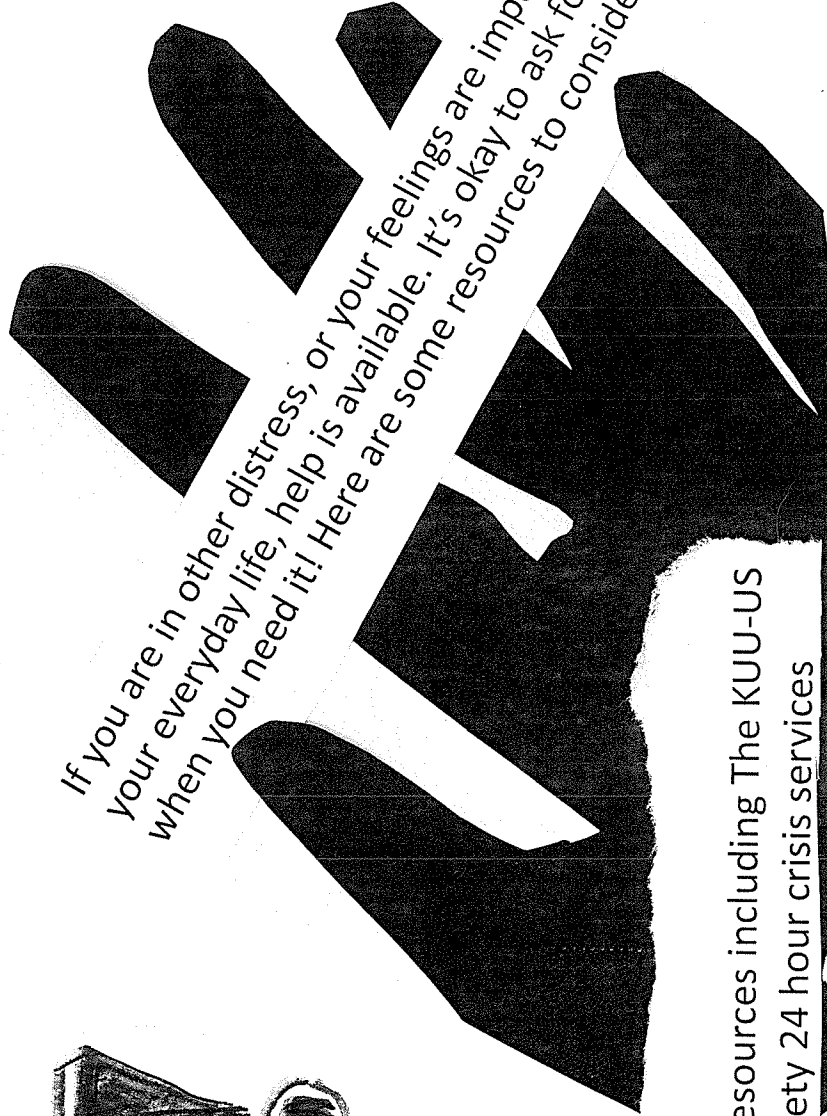
Eco-anxiety also can stem from feelings of alienation from nature, and a broken relationship with *place*

→ This is one of the many legacies and realities of colonialism

*** If you need help right away ***



If you are in other distress, or your feelings are impacting your everyday life, help is available. It's okay to ask for help when you need it! Here are some resources to consider:



SAFE Society resources including The KUU-US
Crisis Line Society 24 hour crisis services

The Mental Health Commission of Canada also recommends:

* Don't overstimulate with negative info or "doomscroll"

get the facts, but take breaks from negative content + news

anger + frustration + grief are valid feelings!

* Acknowledge your emotions - recognize your feelings + use them to motivate you to take action

* Focus on what you can control - actions you can personally take

* connect with others who share your concerns

* seek additional help when you need it with a mental health professional



Other ways to Cope

We hope this guide and these small, grounding activities help you connect with nature to cope with eco-anxiety, even if in a small way. There is no "cure" for eco-anxiety — and we still need robust climate action, meaningful reconciliation, and to protect biodiversity + ecosystems everywhere. ←

This is what OPAWS-BC does! We work to protect lands, waters, and deep ocean in + around BC.

Adults and Elders: 250-723-4050

Children and Youth: 250-723-2040

Métis Line: 1-833-MétisBC;

Native Youth Crisis Line: 1-877-209-1266

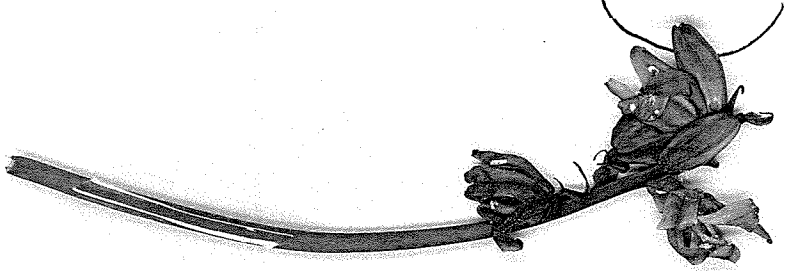
Toll free: 1-800-588-8717

- Mind Map BC: Eco-anxiety Resources for Individuals, Families and Caregivers with children in BC

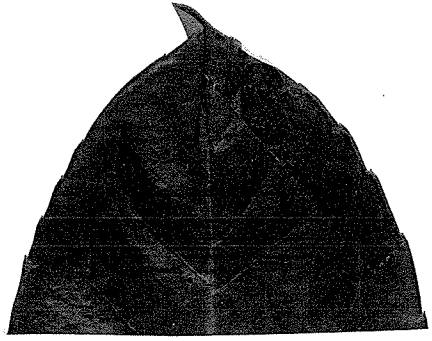
If you feel your life is in immediate danger, or that you may self-harm, please close this guide and call 911.

- Black Youth Helpline - <https://blackyouth.ca/>
Call 416-285-9944

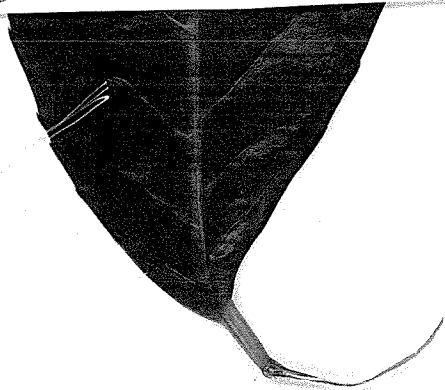
- Healing in Colour
(<https://www.healingincolour.com/>): BIPOC Therapists in BC directory and other resources for individual and collective healing



Birds of the Season



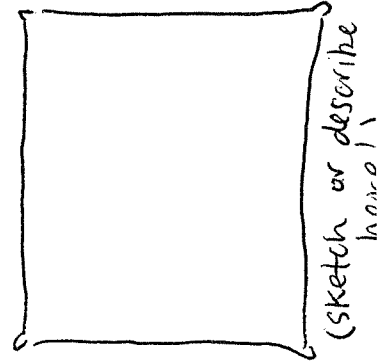
This zine contains a few activities that might help you cope with eco-anxiety by reflecting on your relationship to place, getting outside, and grounding yourself in nature



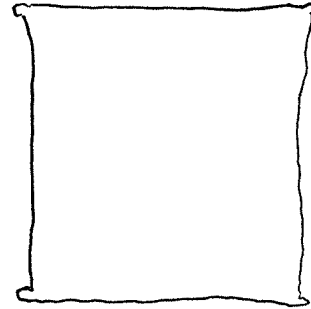
Bird species: _____

Date: _____

Location: _____



(sketch or describe here!)



Bird species: _____

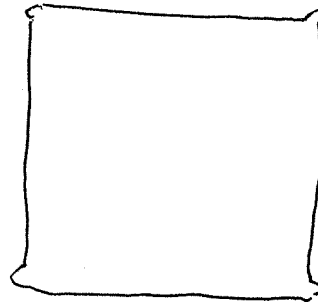
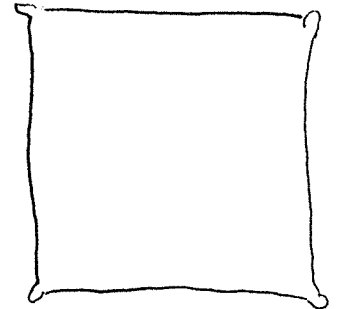
Date: _____

Location: _____

Bird species: _____

Date: _____

Location: _____



Bird species: _____

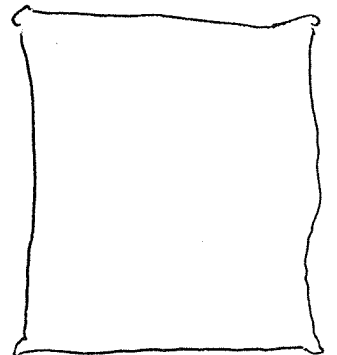
Date: _____

Location: _____

Bird species: _____

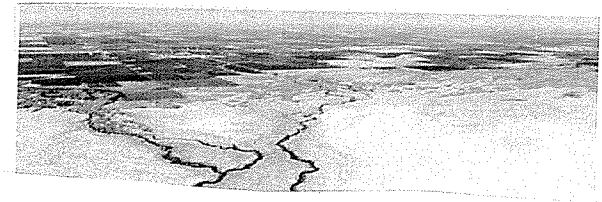
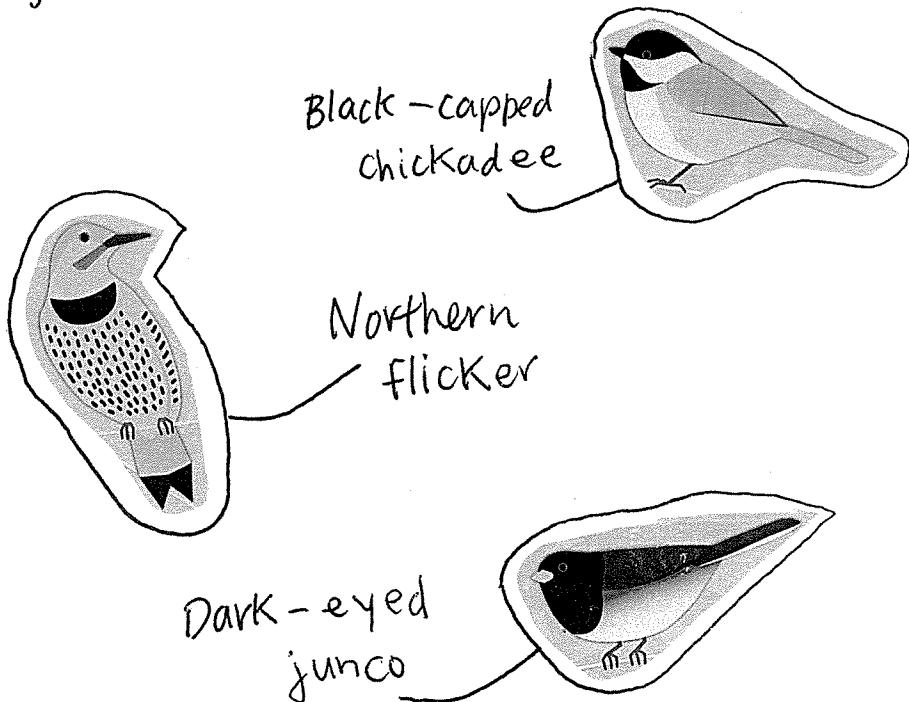
Date: _____

Location: _____



5: notice the birds of the season!

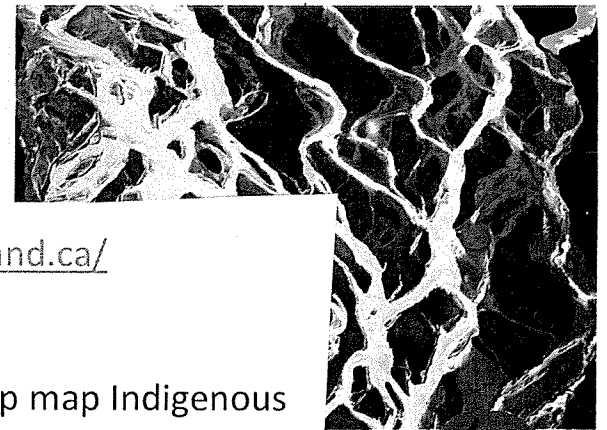
As seasons change, different birds migrate and appear around us. Take a walk or set up a bird feeder near your home and see what species are around! Notice the patterns and diversity in nature by tuning in to the seasonal rhythms of birds & animals.



1: explore your relationship to *place*

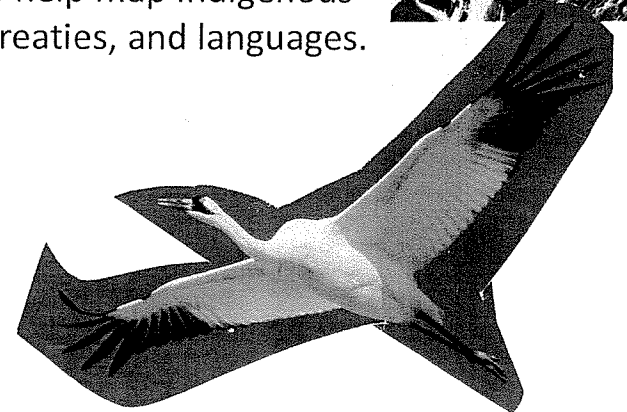


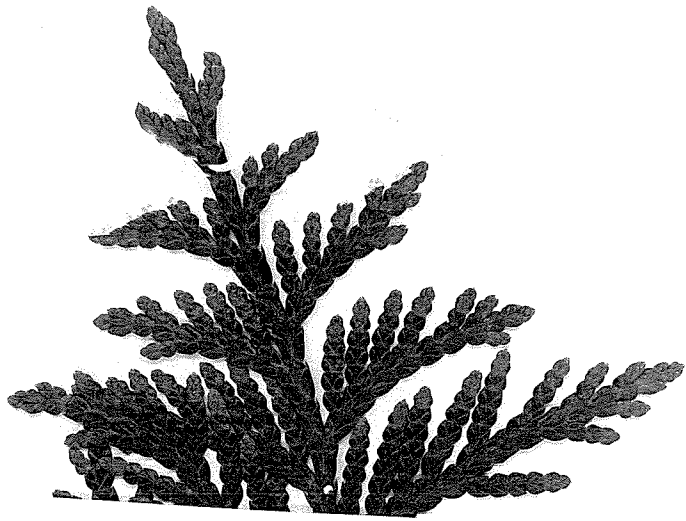
Indigenous peoples and First Nations have taken care of and lived in relationship to these lands since time immemorial.



<https://native-land.ca/>

→ an app to help map Indigenous territories, treaties, and languages.

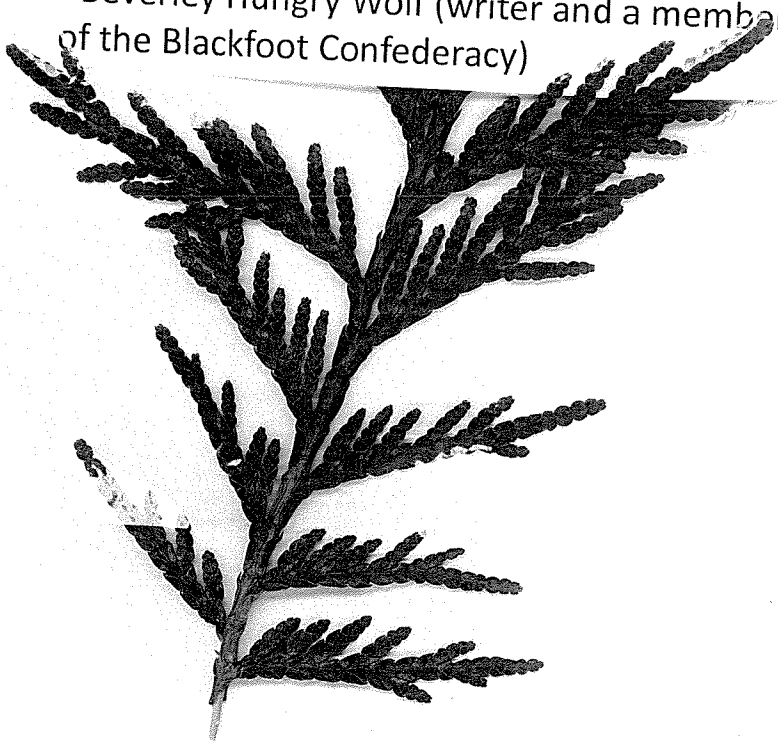




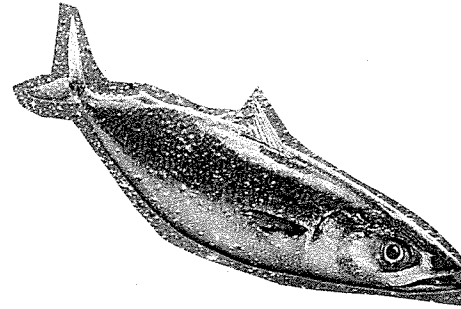
"This land has to be acknowledged. The people who took care of this land for a long time have to be acknowledged. At least find the truth about us."



- Beverley Hungry Wolf (writer and a member of the Blackfoot Confederacy)



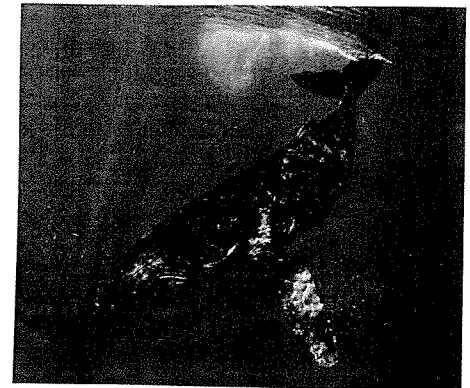
Think about whose land you are on



Ask yourself – who has taken care of this land? Whose ancestors?

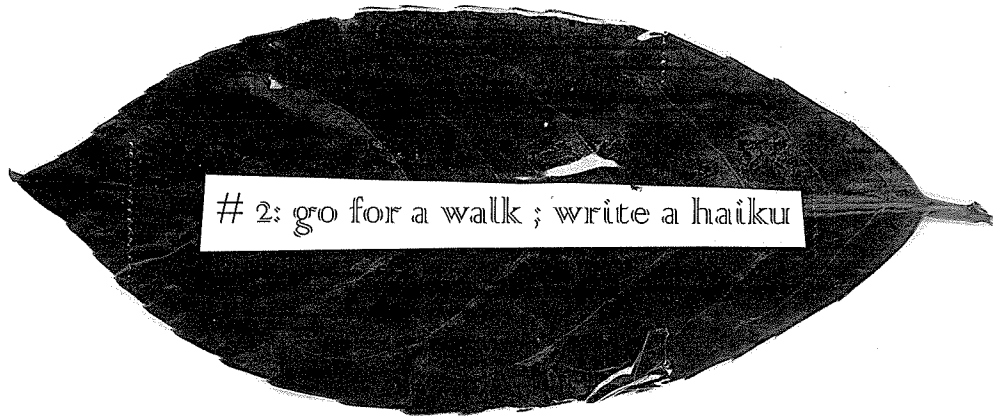
How can I be a good ancestor?

How can I support the sovereignty of those of have taken care of this land?



You may wish to write or make your own land acknowledgement ;

A large, empty rectangular box with a hand-drawn border, intended for writing a land acknowledgement.



2: go for a walk ; write a haiku

- A Haiku is an unrhymed poem with 17 syllables arranged in three lines of 5, 7, and 5 syllables.
- The haiku first emerged in Japanese literature during the 17th century
- Originally, the haiku was intended to be a description of nature or the seasons, evoking an unstated, emotional response.

Upon a withered branch
A crow has stopped this
Autumn evening

Kareeda ni/ Karasu no tomarikeri/
Aki no kure

枯枝に烏のとまりけり秋の暮





- One of the great Japanese haiku poets was Bashō (1644 -1694) – he was a samurai warrior who later quit his post to devote his life to poetry

* Remember to harvest plants with care and gratitude! *


4: press a special flower or leaf here <3

- ① place flower as flat as you can on the page
- ② close the book and place under a heavy flat book or object
- ③ store in a warm, dry place - check on it every few days
- ④ carefully remove when it is dry!

~

 Get outside →  settle into your senses →

what do you hear, smell, see, feel? →

 write your haiku below ---

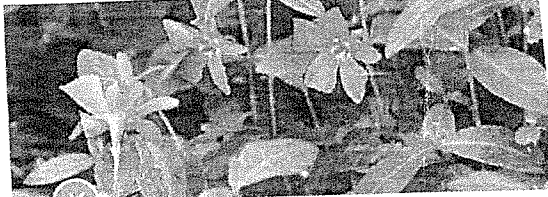
3: remove invasive species & plant native species

English Ivy leaves

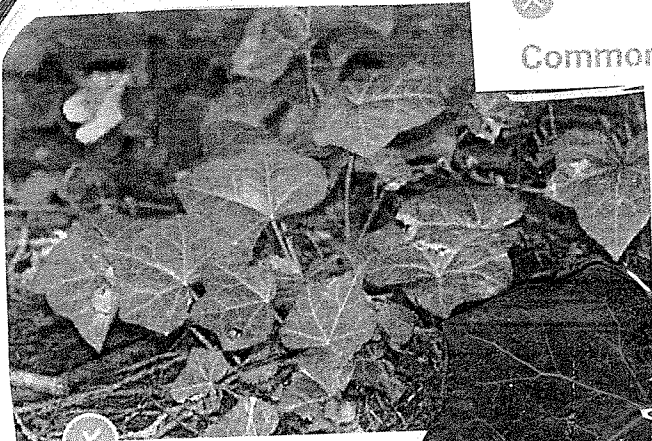
common invasive species >;(



Common comfrey



Common periwinkle



English ivy

Native species <3

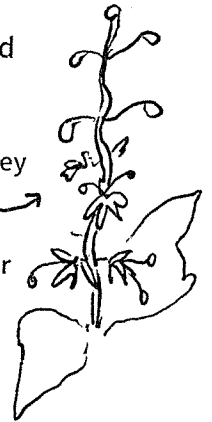
✓ Grow Me Instead

- ✎ Anise-scented sage
- ✎ Berggarten sage
- ✎ Common harebell
- ✎ Lamb's ear
- ✎ Lungwort



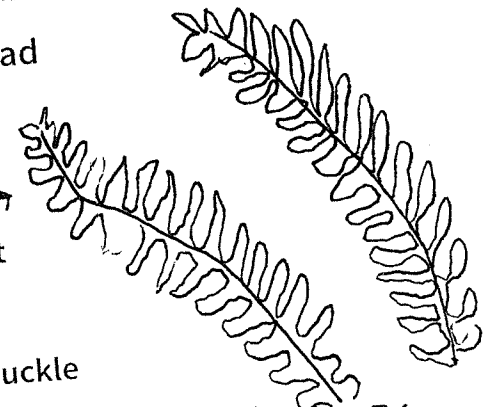
✓ Grow Me Instead

- ✎ Bunchberry
- ✎ False lily of the valley
- ✎ Kinnickinnick
- ✎ Lowfast cotoneaster
- ✎ Redwood sorrel



✓ Grow Me Instead

- ✎ Boston ivy
- ✎ Deer fern
- ✎ Piggy-back plant
- ✎ Salal
- ✎ Western honeysuckle



From the Invasive Species Council of BC