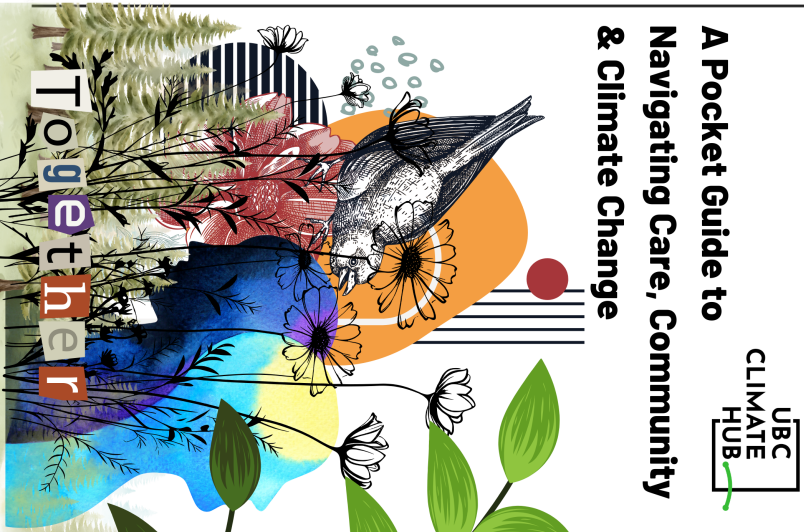




A Pocket Guide to Navigating Care, Community & Climate Change

**Care, community and
collective action rooted in
shared dignity must be at the
heart of climate work.**

Cultivating & practicing
sustainable pathways for climate
work AMID climate breakdown is
necessary climate work.

This is a pocket guide to building
care, wellbeing & community.

KEEP it, or give it to someone who
might appreciate some climate
care strategies.



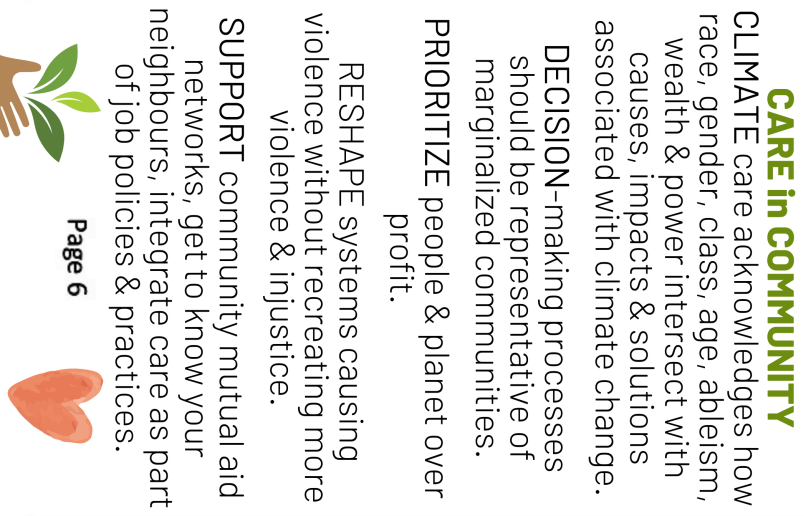
CLIMATE EMOTIONS

CLIMATE emotions are any
feelings that come up when we
think of, talk about, read about or
experience climate change
impacts.

THIS may include feelings about
growing wildfires, flooding,
drought or extreme weather
events.

THERE are no right or wrong ways
to feel our emotions.

OUR feelings are valid and unique
to us and our experiences



CARE in COMMUNITY

CLIMATE care acknowledges how
race, gender, class, age, ableism,
wealth & power intersect with
causes, impacts & solutions
associated with climate change.

DECISION-making processes
should be representative of
marginalized communities.

PRIORITIZE people & planet over
profit.

RESHAPE systems causing
violence without recreating more
violence & injustice.

SUPPORT community mutual aid
networks, get to know your
neighbours, integrate care as part
of job policies & practices.



RESILIENCE

A perspective that tends to be
lacking in resilience theory is how
systemically marginalized &
racialized communities are often
negatively affected by the
praising of the ability to keep
“striving” despite pervasive
systemic challenges & hardships
that destabilize lived experience
& generational wellbeing.

RESILIENCE is never done,
finished or attained as a final
product. Resilience is
experienced and should always
be morphing, priming and
evolving as communities grow
and change over time.

JUSTICE as CARE

CALLS for climate justice sit in a
web of politicized - pandemic,
racial injustice, wealth inequality -
which makes certain populations
increasingly vulnerable.

ACTIONS & transitions that don't
address root causes of injustice
due to ongoing impacts of
Imperialism, colonialism,
capitalism & neoliberalism etc.,
mean care, justice, equity-based
outcomes aren't guaranteed.

WE can engage different forms of
justice to expand collective care:

- Distributive Justice
- Procedural Justice
- Restorative Justice
- Transformative justice