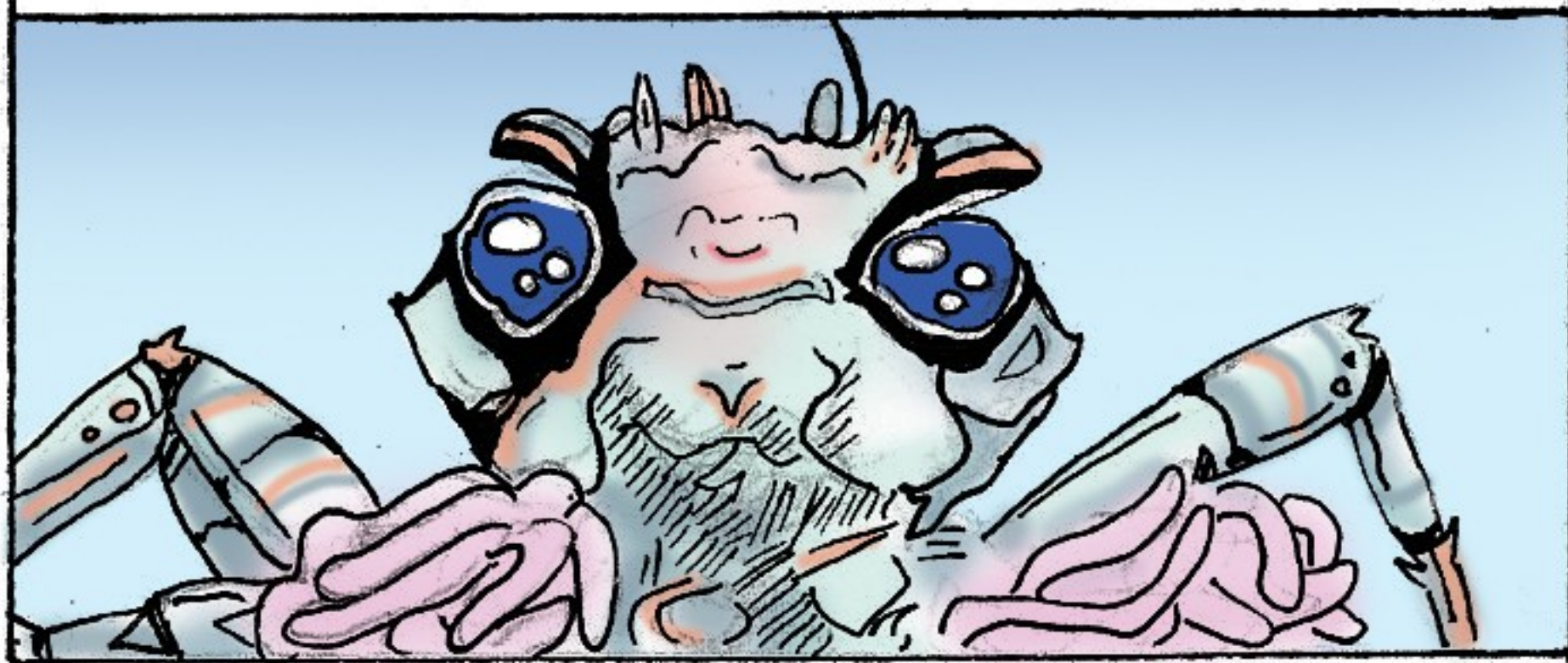
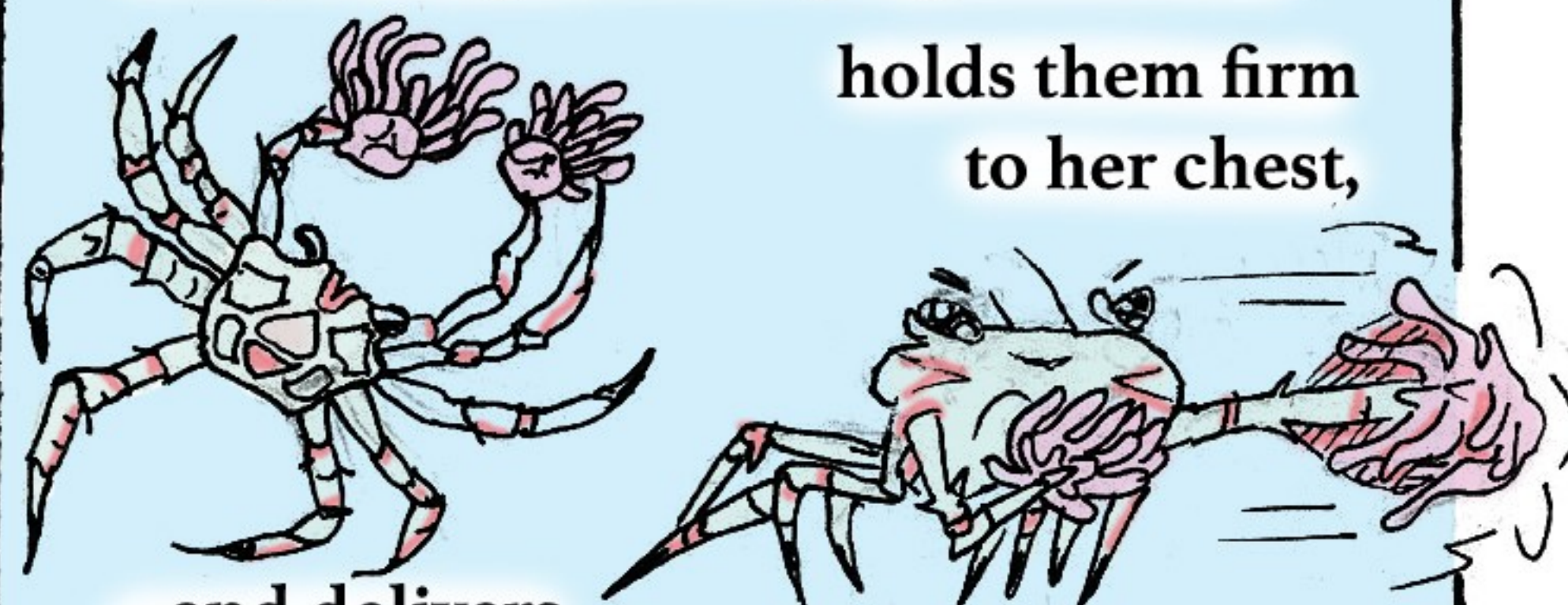


When danger strikes, the Boxer Crab employs an unusual defense mechanism.

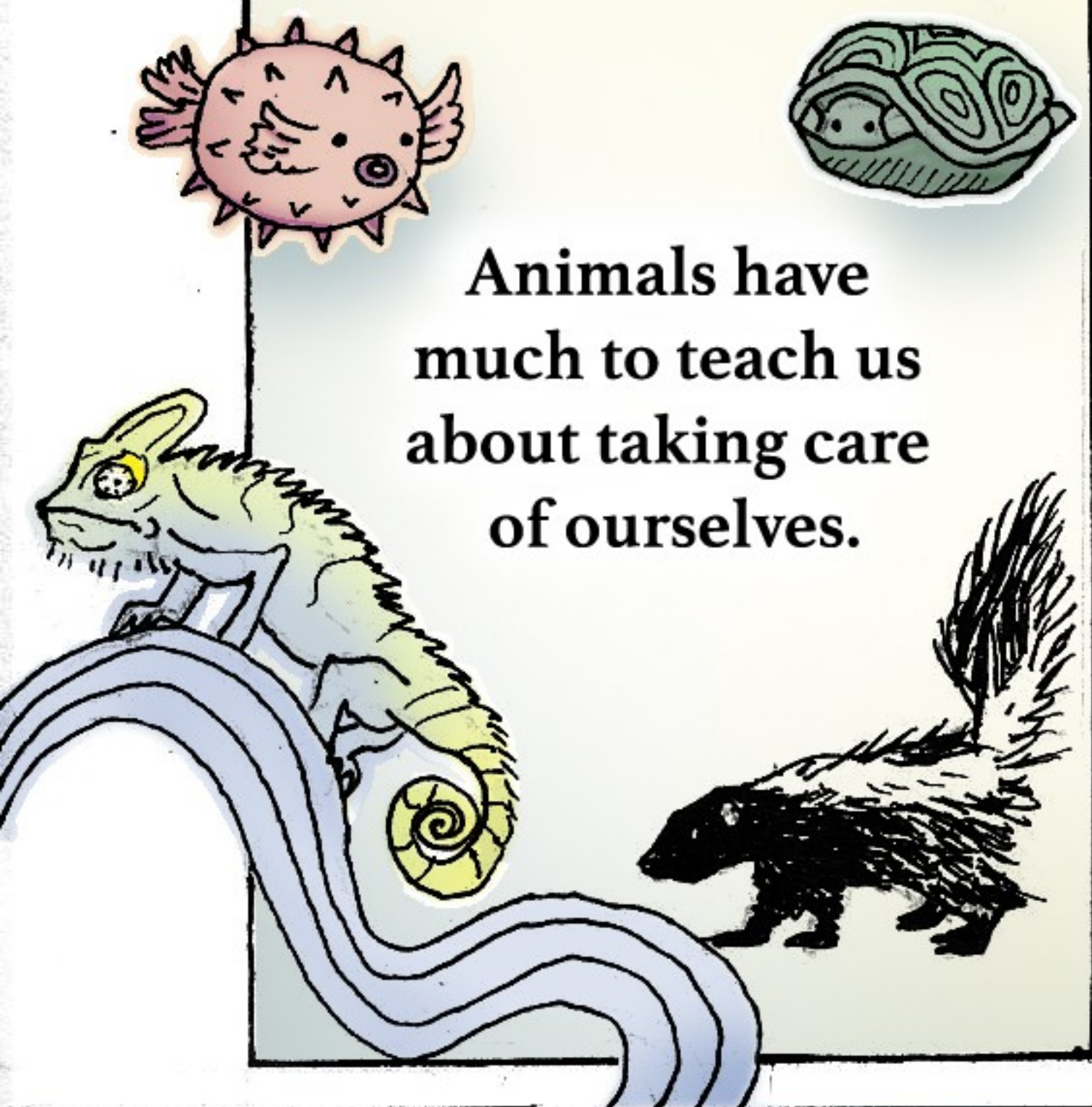


She picks up two stinging anenomes, holds them firm to her chest,



...and delivers a piercing blow using nature's tools.

Animals have much to teach us about taking care of ourselves.



The Flying Fish chooses flight over fight, swimming at a car's speed and launching himself out of the water,



traveling as far as 1,312 feet, or four football fields.

And, of course, there's the Slow Loris, who rears up on his hind legs and hisses like a cobra, while poison secretes out of his armpits.



So, when it comes down to the stressful, unwavering planetary danger of climate change...

WHAT IS A CLIMATE ACTIVIST'S SELF-DEFENSE?

Fight...



Flight...



...or Dance?



Sometimes it's easiest to fly away from it all, soaring into the outer reaches of the mind...



...and up to the

CLIMATE ANXIETY ICEBERG



PEPPY

ACTIVIST

WE NEED YOU

"YOUR GENERATION
GIVES ME HOPE."

EMPLOYABILITY

GOTTA STAY
HOPEFUL

THIS IS
MY
CALLING

IMPOSTOR
SYNDROME

AM I
ANNOYING?

SAVE-THE-WORLD
COMPLEX

MAYBE THE
TECH BROS
WILL SAVE
US ALL

SHOULD
I TEACH
MY KIDS
SURVIVAL
SKILLS?

SHOULD
I HAVE
KIDS?

CAFFEINE

DEPRESSION

CAN I
JUST LIVE ON
A FARM

GUILT
FOR WANTING TO
MAKE MONEY

GUILT FOR
CONSUMPTION
& ENJOYING
THINGS

WRITE IN
yours

what's on the surface?
what's unseen,
under the surface?

In spite of this iceberg, remember—

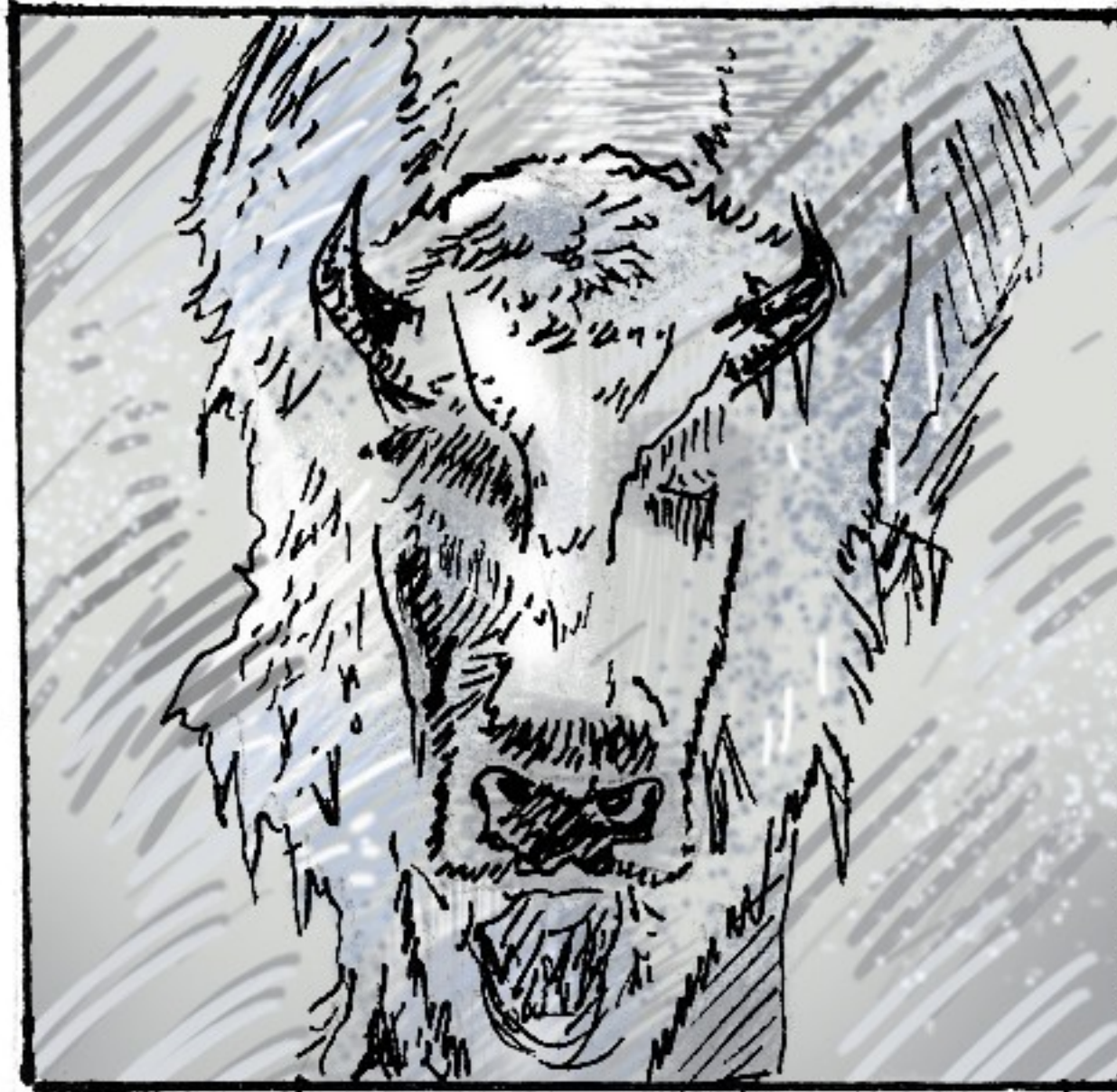
—that it helps to process
climate grief collectively,



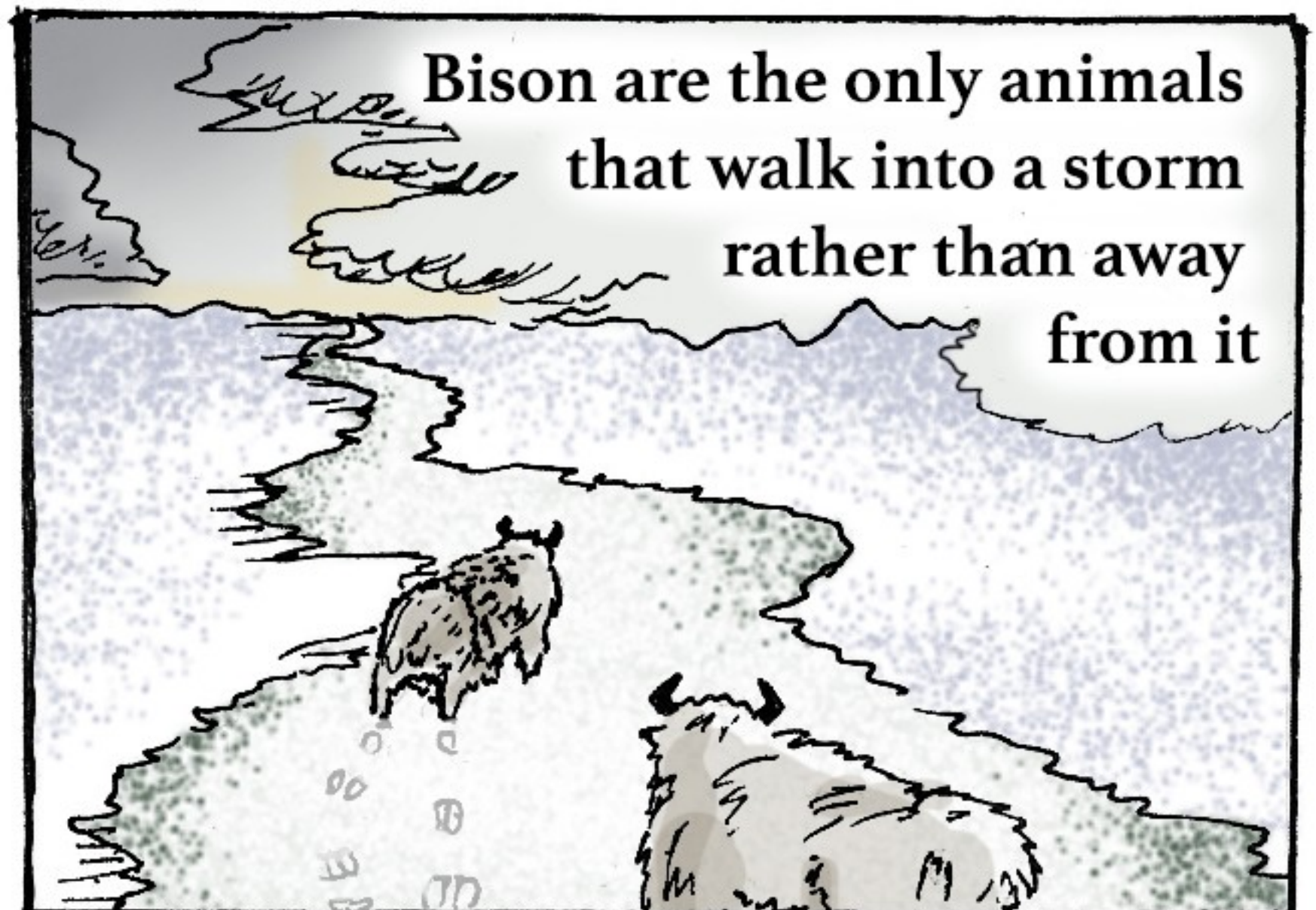
that we all cope
differently and validly,

...REFLECT ON YOUR
COPING MECHANISMS HERE:

And that,
if all else fails,
plod on.



Bison are the only animals
that walk into a storm
rather than away
from it



Since they
instinctively
know that passing
through the blizzard,
head-on,



is the fastest way to put
the chaos behind them.



We must model our
resistance similarly.

On days when
it's impossible
to fight or fly,



plod on.

