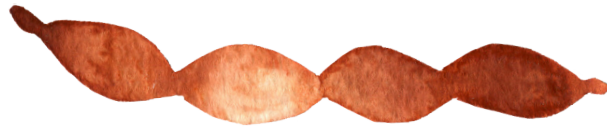


# **Tuning in -Material for the Stream of Consciousness on Environmental Emotions and Emotional Mind Map Exercises**



## **Why Addressing Emotions Related to Climate Change Is Important**

Global issues, such as climate change, inspire a variety of emotions. You may feel empowered when you see large numbers of people taking action for good causes. Or you may feel anxious when you see news about burning rainforests. Or guilty when you see that the products of your favourite clothing brand are manufactured without the workers receiving a fair compensation.

To be better able to act in a more constructive manner, it is important to be aware of the emotions that arise in us. However, facing our own emotions can pose a challenge. The problems in the world may make us so anxious that we simply wish to ignore them. Bad news in my social media feed – hey, give me a cat video! This is only human, but if we all simply run away from the problems, we will

never solve them. Some people may start to worry about the problems so much that they cannot sleep properly, experiencing so much anxiety over the climate crisis.

Here you can see some common emotions that may arise because of the global problems (SHOW IMAGE 1). Looking at this for a minute, can you see emotions that are particularly familiar to you? Or emotions that seem foreign and unfamiliar? It is possible and recommendable to get to know your own emotions, and there are many different exercises that can help you with it.

Here you see common emotions Finns experience in regard to climate change – these are a result of an extensive citizen survey by the Finnish Innovation Fund in 2019. (SHOW IMAGE 2). You can see worry and anxiety, but also interest, guilt, and feelings of inadequacy. Many people feel that they, as a single, insignificant individual, are powerless in the face of such huge issues. On the other hand, the lack of action by decision makers and corporate leaders may be infuriating. And some people feel frustrated by the whole public discussion about climate change – that too is an existing emotion, and one we should be able to address.

But there is also a lot of empowerment, a lot of desire to do good, and joy of acting together, and hope. Everyone can do something – even an ocean is made of small drops. Many decision makers are also doing a lot already, and together young people, too, can influence the decision makers. It is

very important to remember that there are also many good things happening in the world, even though it is also a good idea to acknowledge and address the distress caused by environmental issues. When you know your emotions, you'll be better able to channel their energy into the good stuff!

*This text is a translation from the Finnish-language teaching video **Tutustu kestävän kehityksen kysymyksiin liittyviin tunteisiin** (“learn about emotions related to sustainable development issues”) by the **Toivoa ja toimintaa** project. Translated with the permission of the **Toivoa ja toimintaa** project. <https://www.youtube.com/watch?v=u-ZoIkWoqLw&t=195s>*

