



Resilience Tools for Climate Professionals and Activists



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State of The Things that Matter



EV demand IS growing
Ebikes are booming
Electrifying everything



Yes, we're in
trouble

BUT MILLIONS
ARE WORKING
ON THIS



Solar
Heat Pumps
Corporate RE

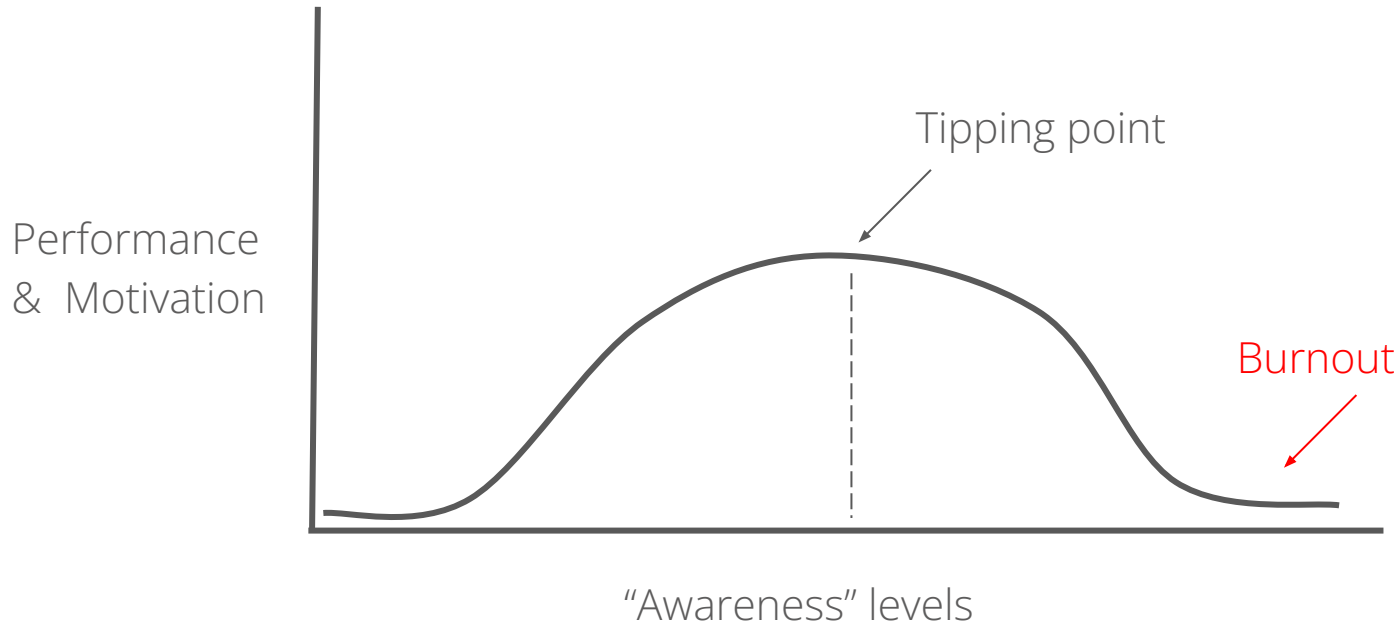


But what about our
capacity to do the
work, given current
events



The Power of Us - If We Can

— Mental Health & Eco-Action



The Power of Us - If We Can

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Our life's work and passion is a marathon. How do athletes train for a marathon? Hard work, then rest/recovery.

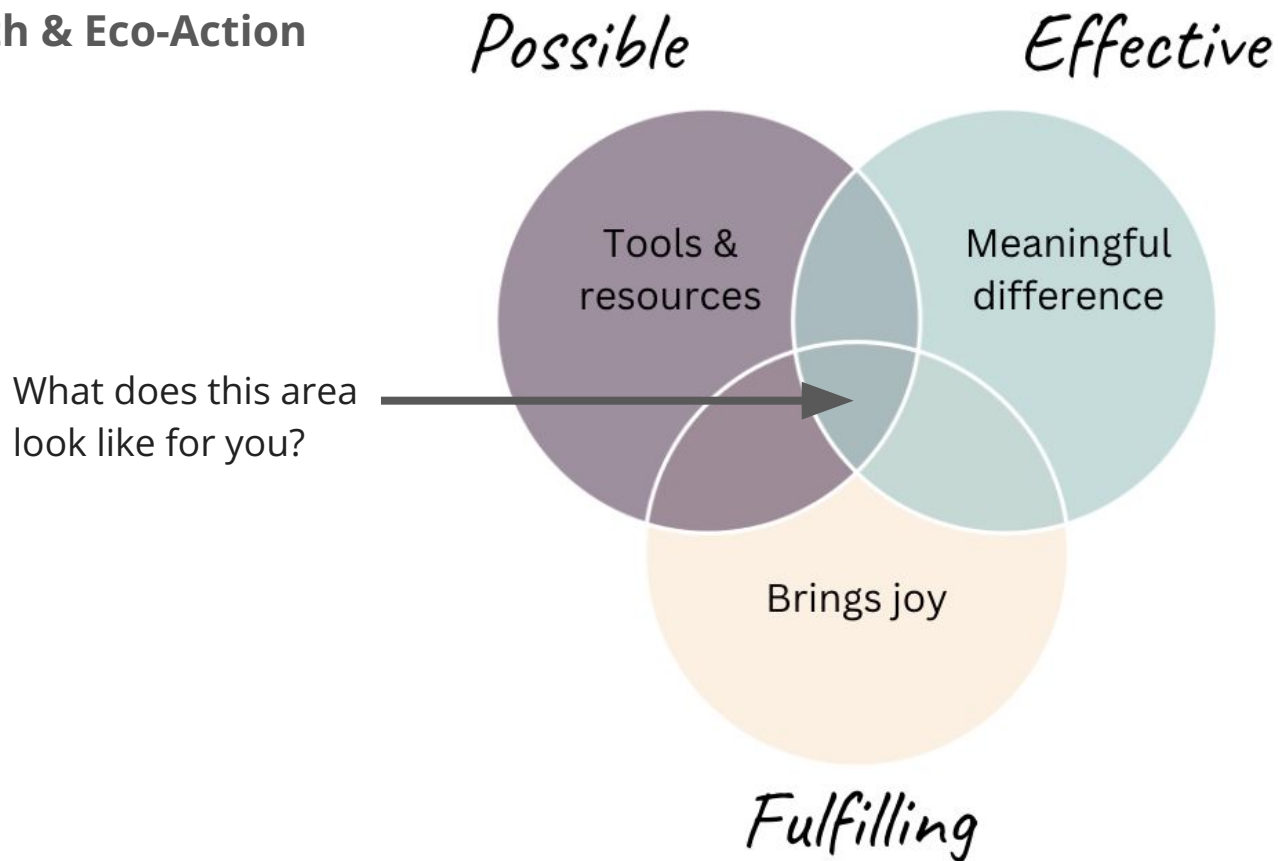
Minds running marathons need the same!

But first... the story of Köschrect, Bulgaria →



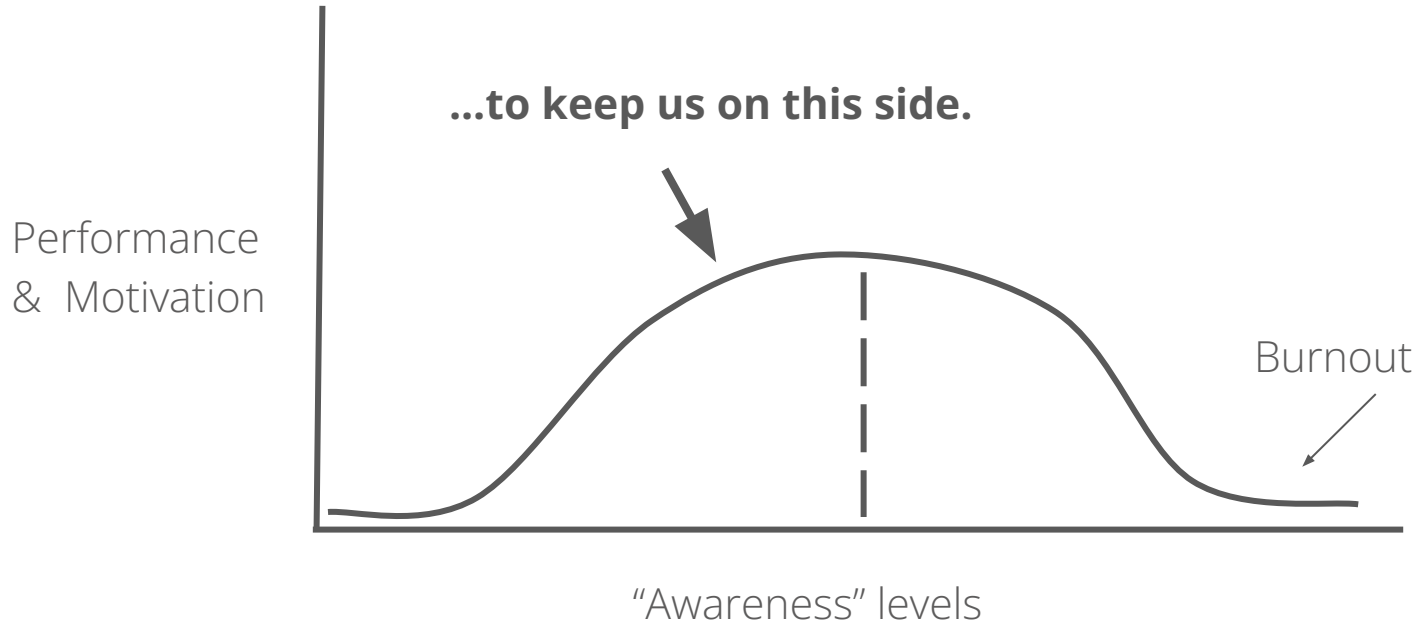
The Power of Us - If We Can

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Goal for today

- You will walk away with a personalized program....



Staying Healthy, Motivated, & Effective

— STEP 1 - MAKE LISTS

Write down 3-5 things you want more of in your life that we know are good for us to recharge our batteries. E.g., meditation, exercise...

Then write down 3 outcomes you're hoping for in your life. This can include things like "a better relationship with my Mom", or "a garden".

Then, 3 mindsets you want to get better at. E.g., "Seeing the good in people" or "to be able to let go of things that don't serve me".



Feel free to post examples of any or all of these in the Q&A.

Download worksheet [here](#)

Staying Healthy, Motivated, & Effective

— Things we know are good for us

1. Meditation
2. Self-care
3. Expressing gratitude
4. Curiosity - learning a random fact
5. Forgiving yourself for something
6. Thanking yourself for something
7. Gardening
8. Exercise
9. Eating a meal with intention
10. Connecting with others (including “stale” ones).
11. Smiling
12. Decluttering
13. Physical therapy
14. Acts of kindness
15. Planning something fun
16. A “greatest” moment
17.

Staying Healthy, Motivated, & Effective

- STEP 2 - Break these into daily/weekly

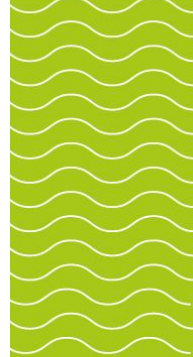
Daily:

Meditation

One meal with intention

Weekly:

Declutter something



Your program - the daily stuff

	<i>Meditation</i>	<i>Random fact</i>	<i>Read my tools</i>	<i>5 things I'm grateful for</i>	<i>1 Meal with intention</i>	<i>Thank myself for something</i>
M	✓	<i>Mosquitos have 47 teeth</i>	✓	<i>Local farmers, my sister, my health, fav cafe, Bill McKibben</i>	✓	<i>Buying local zucchini</i>
T		<i>Platypus are the only egg laying mammal</i>	✓			
W	✓			<i>Everyone working on climate, earthworms, my Mom's health, my ebike, Zach Shahan</i>	✓	

Your program - the weekly stuff

Sun						



Declutter something -
Acupuncture - ✓
1 hour at the community garden -



Staying Healthy, Motivated, & Effective

— STEP 3 - Tools & Mantras

Tools of personal practice are the same as tools for construction. You can use a tool to help you handle grief the same way you can use a hammer on a nail.

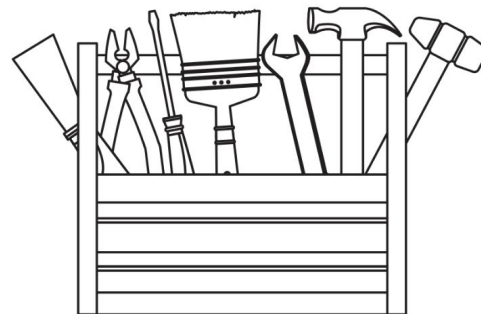
From your lists of outcomes and mindsets, you can create your own.

Examples of Tools I read to myself daily:

Reframe the narrative. Anything can be seen as a gift, depending on how you look at it.

Redirect any sense of “why me?” to “who else is feeling something draining?” and reach out to them.

If someone is hurt, ask, “Do you want to be heard, helped, or hugged?”



Your program

Sun

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Focus on the good in people.



Notice the 30 good drivers in the flow of traffic and staying in their lanes.

Tool 3...

Digging that river

“If you commit to the practice, they will begin to feel more possible and true over time. You will begin to notice that your brain starts to validate the affirmations by filtering evidence of their truth into your consciousness.”

- Dr. Nicole Lepera, Author of *How to Meet Yourself*



Our journal

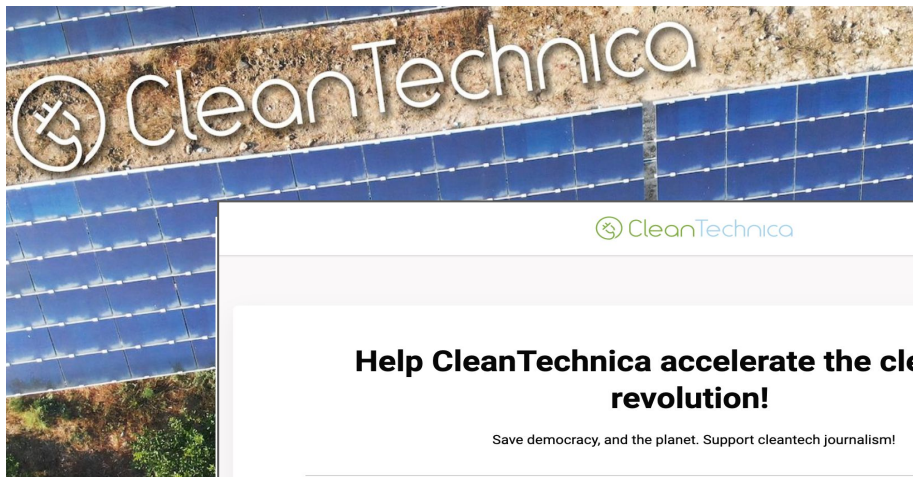
The screenshot shows the Amazon product page for the journal "Aspire: Journal for 30 day self-improvement challenges". The page includes the Amazon Prime header with the location "Deliver to Scott Honolulu 96813", a search bar, and navigation links. The product title is "Aspire: Journal for 30 day self-improvement challenges" by CleanTechnica Press, published on April 6, 2024. The cover art features a stylized profile of a human head filled with a vibrant, swirling landscape of trees and water. The product is priced at \$6.99 and is available for delivery on Saturday, November 16. A table of specifications is provided below the description.

Print length	Language	Publication date	Dimensions
30 pages	English	April 6, 2024	6 x 0.07 x 9 inches

[LINK](#)

“Every part of this program has data behind it showing it is helpful for mental health” - Licensed clinical psychotherapist

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