

Meditation exercise

Write down the percentage of worry, fear or guilt you feel before starting and after finishing the meditation exercise.

Is there more room for feelings of love or peace?

Consider how you feel after completing the meditation, and how you might be able to integrate this into your daily life.

Were there any key moments, thoughts or feelings that might be helpful to recall when eco-anxiety arises? Write them down to remember them.

If you're in a group:

After taking around 5 minutes for solitary reflection, regroup to discuss the points above.

If you're an individual:

After completing the activity, reach out to a friend or family member and share with them something you've taken away from this activity.