

Create an ocean optimism reminder

The aim of this activity is to commit to prioritising ocean optimism over eco-anxiety. By creating something unique to you, you'll be reminding yourself of this commitment and supporting a positive change in your thought patterns.

This activity is most effective after building up your feelings of ocean optimism with the activities below:

- ➔ **Guided meditation**
- ➔ **Starfish story**

Part 1

Reflect on what makes you feel optimistic about ocean conservation and consider what you could create to remind you of this. Look back over your notes from the starfish activity or meditation exercise to help you.

Part 2

Take a look at the examples below and decide what sort of reminder would be most meaningful for you.

Part 3

Create your **ocean optimism reminder**.

Part 4

Complete the exercise at the end.

Examples

Talisman

Talismans have been used across many cultures for centuries. A talisman is an object that has been given some sort of power, like protecting, healing or bringing good luck.

In this case, the talisman you create has the power to redirect your thoughts away from eco-anxiety towards ocean optimism.

The talisman is a physical reminder of your strength and ability to take positive action.

Talisman example



A pebble found at the beach during a beach clean, taken home and painted. This talisman is powerful not only because of the object, but because of the story behind it. It acts as a reminder of the wider community of like-minded people supporting ocean conservation.

Top tip:

If you have the time and the means to, get out in nature! As you walk around, look out for something that catches your eye that could become your talisman, or give you the inspiration to create one.

Examples

Mantra

A mantra is a word or phrase that is used to focus our thoughts, feelings and intentions.

What word or phrase helps you draw on the ocean optimism in the previous activities?

Examples

- ➔ "I could be feeling love instead of this."
- ➔ "I am fueled by my love for the ocean."
- ➔ "This movement is supported by thousands of people like me. I am not alone in this."
- ➔ "My actions are meaningful."

Once you've written your mantra, consider where you'll keep it. Where will it be most beneficial to you?

Perhaps it would be most helpful to you in the places you usually experience eco-anxiety, like on your desk or in your car?

You could take a photo of it and use it as your phone background for reminders throughout the day.

Exercise

A physical reminder (talisman or image)

Hold your reminder in front of you and take three deep breaths in and out. Think back to the feelings you had during the meditation. Remember the starfish story and the feeling of empowerment at how you contribute to marine conservation.

Continue with slow, deep breaths and expand this feeling. As you breathe in, let it fill you up. As you breathe out, feel it pouring into your talisman. Visualise it as a colour flowing from your mind into your talisman in your hands.

A mantra

Take three deep breaths in and out. Think back to the feelings you had during the meditation. Remember the starfish story and the feeling of empowerment at how you contribute to marine conservation.

Continue with slow, deep breaths and expand this feeling. As you breathe, repeat your mantra in your mind and connect the words with the feeling.

When you begin to feel **eco-anxiety** rising up, hold your reminder in your hands, or mantra in your mind, and take 5 deep breaths in and out. Recall five examples of **ocean optimism**, like actions that you've taken or positive stories from the world.