



# **10 Steps to Resilience & Empowerment in a Chaotic Climate**

## **PARTICIPANT PACKET**

# CREDITS

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# DEAR BRAVE ONE,

We are grateful that you've stepped into this space with us. Chances are, you're here because your grief, fear, rage, or overwhelm feels unmanageable to face alone. You are not alone! We believe that your experience of these feelings is a healthy reaction to living in a destructive culture.

Throughout these next 10 weeks, we'll invite you to process your feelings over the state of the world, lean on the community we're cultivating, and start to reframe your position in the global predicament. These times are tough, but we're alive in this wild moment together and are committed to finding meaning here and now.

We've put our faith, blood, sweat, and tears, into building this movement, and it's the work we believe we were born to do. It is our deepest honor to present you with our 10-Steps and rapidly growing Network. We have refined this approach for years with research, experience, and intuition. We are co-creating Brave Spaces where we bring you to your edges of comfort allowing you to see new perspectives. It is our greatest hope that after 10 weeks you feel more connected and inspired to do the work asking to be birthed by you. After all, Howard Thurman reminds us: "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." We wish for you to come fully alive, practice courage, and allow yourself to be held in community.

We've been waiting for you.

**IN COMMUNITY,**

*LaUra Schmidt & Aimee Lewis Reau*

LaUra Schmidt & Aimee Lewis Reau  
Good Grief Network Co-Founders

# CONNECT WITH GGN

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Good Grief Network offers multimodal techniques that help individuals and groups metabolize the heavy and painful feelings that can distract us from joy, connection, and our work in the world.

Tools for emotional regulation, collective processing, and open-hearted communication are necessary if we are to deconstruct cultural stories of separation and sustain ourselves for this long journey ahead. These tools continue to evolve as we sit together, learn from one another, and co-create new ways of being.

If you want to follow and contribute to our ongoing work of building a heart-centered revolution, you can connect with us at the links below.

## Resources For Each Step

[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

## Join our Global Community on Mighty Networks

[goodgriefnetwork.mn.co/](https://goodgriefnetwork.mn.co/)

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## Support GGN's Co-founder, LaUra, on Patreon

[patreon.com/HeartCenteredRevolution](https://patreon.com/HeartCenteredRevolution)

## Browse Our Bookshop

If you liked our Suggested Resources list, you'll love our Bookshop. Order your books through GGN's store on [bookshop.org](https://bookshop.org) and a portion of the proceeds will be donated back to us: [bookshop.org/shop/GoodGriefNetwork](https://bookshop.org/shop/GoodGriefNetwork)



# LEARN MORE ABOUT GGN

## AUDIO

- [WHY?!? A Good Grief Network Podcast](#)
- Northern Spirit Radio: [Eco-Grief, Community Breeds Courage](#)
- Islands of Sanity with Carolyn Baker: [Learning The Skill Of Grieving In A Time Of Loss, Part 2, Good Grief Network](#)
- Citizens' Climate Radio: [Ep. 47: Eco-grief in a time of coronavirus mourning](#)
- Islands of Sanity with Carolyn Baker: [The Good Grief Network: Laura Schmidt and Aimee Lewis-Reau](#)
- National Public Radio: ["First Step To 'Eco-Grieving' Over Climate Change? Admit There's A Problem"](#) by Judy Fahys
- KUER: ["New Support Group Focuses on Climate Grief"](#) by Judy Fahys

## VIDEO

- [Post Doom](#) With Michael Dowd, Aimee Lewis Reau & LaUra Schmidt
- UPLIFT for passionate changemakers with GGNer, Morgan Ruff: [10 Steps to Personal Resilience with Good Grief Network](#)
- Canadian Ecopsychology Network: [Good Grief Network](#)

## ARTICLE

- OZY: ["The Alcoholics Anonymous Approach Meets Climate Change"](#) By Carly Stern
- NBC News: ["Climate grief": The growing emotional toll of climate change"](#) by Avichai Scher
- National Public Radio: ["It's Hard To Think About Climate Change During A Pandemic. Here's How To Stay Engaged"](#) by Laura Klivans
- New York Times, ["How to Calm Your Climate Anxiety."](#) by Molly Peterson
- Deutsche Welle: ["Coping with climate anxiety on a warming planet"](#) by Ben Knight
- Forbes, ["Employers Have Started To Focus On Mental Health – Have They Factored In Climate Anxiety?"](#) by Amy Nguyen
- Time Magazine: ["Terrified of Climate Change? You Might Have Eco-Anxiety"](#) by Ciara Nugent
- Outside Magazine: ["The 4 Stages of Climate Grief"](#) by Heather Hansman
- Reuters: ["Rising seas, stress levels spawn climate anxiety support groups"](#) by Gabriella Borter
- Yale Climate Connections: ["How to Address 'Climate Grief:' A support group for people feeling distress about global warming"](#) by Sara Peach
- Yale Climate Connections: ["Sad about climate change? There's a support group for that"](#) Daisy Simmons
- CBC: ["Fears around climate change are causing some people to seek out support groups"](#) by Alison Masemann and Danielle Carr
- KQED: ["Climate Change Despair Is Real. This Is How You Fight It"](#) by Laura Klivans
- Daily Beast: ["Climate Anxiety Groups Are the New Self-Care"](#) by Julia Arciga



# THE 10-STEPS

## STEP 1

Accept the Severity of the Predicament

## STEP 2

Be With Uncertainty

## STEP 3

Honor My Mortality & the Mortality of All

## STEP 4

Do Inner Work

## STEP 5

Develop Awareness of Biases & Perception

## STEP 6

Practice Gratitude, Witness Beauty,  
& Create Connections

## STEP 7

Take Breaks & Rest

## STEP 8

Grieve the Harm I Have Caused

## STEP 9

Show Up

## STEP 10

Reinvest In Meaningful Efforts



# STEP ONE

## ACCEPT THE SEVERITY OF THE PREDICAMENT

**In this step we aim to understand the problematic ways in which the dominant culture operates on this planet.**

When we catch glimpses of the problems and their severity, we can't look away. We must invite the grief to move through our whole animal body. The planet and our species need us to be awake and aware right now.

We've lost our way. Consumerism, pervasive violence, systemic racism, the climate crisis, water and food shortages, mass-produced propaganda, uneven distribution of wealth, the sixth mass extinction, threats of nuclear war, and skyrocketing rates of depression all expose the errors of our ways. The COVID-19 pandemic reveals the fragility of our current systems and ways of being.

We aim to find the delicate balance between unrealistic optimism and overwhelming pessimism. Reality exists between these two extremes.

Regardless of which collective problem most immobilizes us, balance is a practice. We wobble. We fall. We get up and get to work again. Like any practice, balance gets easier the more we do it.

Now is the time to rise to the challenge. Let's co-create new (and ancient) ways of being, together. First, we accept the severity of the predicament. After accurately discerning where we are, we can focus on the next best steps that will lead us to where we want to be.

"Acceptance does not mean surrender. It does not mean resignation. Acceptance means I am finally available to the entire spectrum of creative response."

—Trebbe Johnson,  
*Radical Joy For Hard Times*



# SUGGESTED RESOURCES

## — QUOTES

- It is no measure of health to be well adjusted to a profoundly sick society. —Jiddu Krishnamurti
- “[The global predicament] will ultimately require revolutionary changes in human consciousness, behavior, culture and the physical, economic, and political infrastructure of our whole civilization. It’s so vast and intricate, it easily seems impossible. We might be tempted to despair but despair easily becomes a self-fulfilling prophecy. And yet, because this huge transformation has so many aspects, every one of us can readily find ways to magnify love and sanity and beauty and truth and human connection.” —Terry Patten, *A New Republic of the Heart: An Ethos for Revolutionaries*
- Not everything that is faced can be changed, but nothing can be changed until it is faced. — James Baldwin

## ARTICLES

- [Home is always worth it](#) by Mary Annaïse Heglar
- [In Facing Mass Extinction, We Must Allow Ourselves to Grieve](#) by Dahr Jamail
- [Doom or denial: Is there another path?](#) by Richard Heinberg

## BOOKS

- [Learning to live with climate change: From anxiety to transformation](#) by Blanche Verlie
- Check out GGN's Bookshop List: [Accept the Severity of the Predicament](#)

## VIDEO

- [Why I Think This World Should End](#) by Prince Ea
- [Once You Know](#) (documentary)
- [Change Is Coming, Whether You Like It Or Not](#): LaUra Schmidt’s Keynote Address for University of Utah

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourcealist](https://goodgriefnetwork.org/livingresourcealist)



# SUGGESTED RESOURCES

## AUDIO

- *OnBeing* podcast's [Listening Care Package For Uncertain Times](#)
- *How to Survive The End of the World* podcast: [Being With Terror with adrienne maree brown & autumn brown](#)

## GUIDE

- [Free guide for managing worry in global uncertainty](#)

## BREATHING EXERCISE

- [Wim Hof breathing method video](#)

## MUSIC

- [Hope Comes by The Bengsons](#)
- [Preach by John Legend](#)

## ORGANIZATIONS & PEOPLE

- [The Work That Reconnects Network](#)
- [Extinction Rebellion](#)
- [Deep Adaptation](#)
- [Britt Wray's GenDread Newsletter](#)

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)



# POETRY RECOMMENDATIONS

*"I Hope You Know"* by Kim Schavey,  
a fellow Good Griever, 8 Dec 2019

*"The Breeze At Dawn"* by Rumi

*"Let This Darkness Be A Bell Tower"* by Rainer Maria Rilke,  
Sonnets to Orpheus II, 29

*"Hieroglyphic Stairway"* by Drew Dellinger





# STEP TWO

## BE WITH UNCERTAINTY

### **The dominant culture is rigid.**

Most of us are conditioned to resist change and uncertainty. We want guarantees, plans, and perfection. Yet, certainty is an illusion. There will always be external forces beyond our control. We live on a dynamic planet and our perceptions are limited. There is much more to existence than we can take in.

Can we detach from the desire to predict a certain future? Can we give up our need to control the outcomes of our actions? The more rigidly we attach to certain outcomes, the less resilient we become. We must take risks and discover meaning and joy in our daily lives knowing that our existence is unpredictable.

Unlearning attachment to outcomes and practicing flexibility helps move us out of a fight/flight/freeze/fawn response when we experience the unexpected. This allows us to respond from a place of patience, curiosity, and compassion. We must cultivate a relationship with uncertainty if we are to fully live in this time and preserve our mental, physical, and spiritual health.

“No one can possibly know what is about to happen: it is happening, each time, for the first time, for the only time.”

—James Baldwin

# SUGGESTED RESOURCES

## — QUOTES

- One is never afraid of the unknown; one is afraid of the known coming to an end. —Jiddu Krishnamurti
- In the universe, there are things that are known, and things that are unknown, and in between, there are doors. —William Blake
- It's that knife-edge of uncertainty where we come alive to our truest power. —Joanna Macy

## ARTICLES

- [5 Buddhist Practices to Face the Truth of Climate Change and Take Action](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) by Doreen Marshall, Ph.D.
- [We aren't 'in control' of climate crisis: an interview with Bayo Akomolafe](#) by Ruby Rusell & Sarah Mewes

## BOOKS

- Check out GGN's [Bookshop List: Be With Uncertainty](#).

## VIDEO

- [The Shambhala Warrior Prophecy](#) told by Joanna Macy



# SUGGESTED RESOURCES



## AUDIO

- *OnBeing* podcast: [Falling Together](#) with Rebecca Solnit
- *Emergence Magazine* podcast: [Widening Circles](#) with Joanna Macy
- *Finding Our Way* podcast: [Hope, Questioning, and Getting Lost](#) with Bayo Akomolafe

## MEDITATION

- [5 Minute Quick Anxiety Reduction](#)

## ORGANIZATIONS & PEOPLE

- [Council on the Uncertain Human Future](#)
- [Climate Change & Consciousness](#)
- [V U C A world: Volatility | Uncertainty | Complexity | Ambiguity](#)



For the entire list of resources suggested for this step, please visit  
[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

# POETRY RECOMMENDATIONS

*"World's End"* by Nikita Gill

*"In Blackwater Woods"* by Mary Oliver

*"The Peace Of Wild Things"* by Wendell Berry

*"What Kind Of Times Are These"* by Adrienne Rich

*"Groundlessness"* by Margaret Wheatley



# STEP THREE

## HONOR MY MORTALITY & THE MORTALITY OF ALL

**We invite you into the tension of mortality and all that death brings.**

There are many lessons in honoring death. And, we cannot look away from the ongoing injustices. We are in a time of great dying. Our stable biosphere has been radically altered, taking with it any promise of certainty.

Death is a natural and normal part of every life cycle. Each of us will die, as all living things do. The promise of our inevitable death invites us to be fully alive, present and embodied in each moment. Being fully present and embracing death as a teacher is complicated by the magnitude, pace, and injustice of dying all around us. Disruptions caused by the climate emergency are impacting the most marginalized and under-resourced groups of people, bringing untold suffering and death to those who have done the least to cause it. The dominant culture has also launched us into the Sixth Mass Extinction event on Earth, destroying life-supporting ecosystems, and killing off species at alarming rates.

Keeping our hearts open and practicing courage, we can be with the deaths of these times without hardening to them. There is space to mourn the gravity of change and loss, while staying present to what is still here. Open-hearted courage can serve as our rudder, guiding us in our work to protect people, species, and all life-supporting systems.

“A civilization that denies death ends by denying life.”

—Octavio Paz

# SUGGESTED RESOURCES

# 3

## — QUOTES

- i don't pay attention to the world ending. it has ended for me many times and began again in the morning. —nayyirah waheed
- My refuge exists in my capacity to love. If I can learn to love death then I can begin to find refuge in change. —Terry Tempest Williams, *Refuge*
- Grief calls us into a deeper engagement with those things that we love. And even as we are losing them, grief wants to exalt their beauty. —adrienne maree brown

## ARTICLES

- [Learning How to Die in the Anthropocene](#) by Roy Scranton
- [The Existential Dread of Climate Change](#) by Emily Green
- [Why climate change threatens our inner life and survival](#) by Janis L. Dickinson

## BOOKS

- Check out GGN's [Bookshop List: Honor Mortality](#)

## DOCUMENTARIES

- Flight From Death: The Quest For Immortality ([Amazon Prime](#), [Vudu](#), [YouTube](#), [Website](#))
- [Griefwalker](#)

# SUGGESTED RESOURCES

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## SHORT VIDEOS

- [Living Into Being](#)
- [Existential Bummer](#) by Jason Silva
- [Conquering Our Fear Of Death](#) by Jason Silva

## MEDITATION

- [No Death, No Fear](#) by Thich Nhat Hanh
- [Guided Meditation - Death & Impermanence](#) by Secular Buddhism

## ORGANIZATIONS & PEOPLE

- [Death Cafe](#)
- [Orphan Wisdom](#)
- [Living Resilience](#)

For the entire list of resources suggested for this step, please visit [goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)



# POETRY RECOMMENDATIONS

"November" by Lynna Odel

*"When Death Comes"* by Mary Oliver

"Nothing Is Too Small Not to Be Wondered About"  
by Mary Oliver

*"Perhaps The World Ends Here"* by Joy Harjo

*"The Last Good Days"* by Lynn Ungar

# STEP FOUR

## DO INNER WORK

### **Our personal wounds and unhealed traumas add weight to the disruption we experience on the personal and collective levels.**

We can deny, repress, or run from our wounding until it crushes us. Or, we can begin to heal, exploring our pain with curiosity and courage, seeing it as an invitation for growth rather than a roadblock to plow through or avoid. We can choose to use the weight of our wounding for strength-training, processing a little at a time, rather than collapsing beneath it. This type of healing starts through our emotional landscape.

Until we are willing to accept and experience the full range of our emotions, we cannot truly face the systemic predicament of these times. Many of us live in an emotionally-stunted culture, receiving messages to keep our uncomfortable feelings private. Entire portions of our internal worlds are locked away from others and even from ourselves. This Step invites you to embrace your whole range of feelings without judgment. Emotions are both mental and physical experiences that inform, but do not define us. When we give ourselves time and space to process uncomfortable feelings, space also opens for us to embody pleasurable feelings more fully, and we are able to see how grief, gratitude, fear, courage, rage and love go hand in hand.

All emotions are transient and recurring. For example, we don't 'face our despair,' and then never experience it again. When despair returns, we learn to be with it. We can ask, "What does this feeling have to teach me?" and "Where do I feel despair in my body?"

It's critical to heal our traumas and process our feelings because each of us wakes up and falls asleep in our own mind. Community offers solace and support, but if we can't work through our own emotions and heal our wounds, the help of a community is limited. We must each commit to doing our inner work and build community from that place.

"If you begin to understand what you are without trying to change it, then what you are undergoes a transformation."

—Jiddu Krishnamurti

# SUGGESTED RESOURCES

# 4

## — QUOTES

- Only if we can stop the terrorism in our own hearts will we be able to stop the terrorism in the world. —Alice Walker
- It is not half so important to know as to feel. —Rachel Carson
- Healing is a process rather than an event. Ongoing work rather than a destination. —Gabor Maté

## ARTICLES

- [A License to Be Human](#) by Van Jones
- [16 Tips for Avoiding Climate Burnout](#) by Gillian Caldwell
- [Carl Jung, Shadow, and Self – Navigating Through the Complex Mechanics of Your Dark Side](#) by Adrian Iliopoulos

## BOOKS

- Check out GGN's [Bookshop List: Do Inner Work](#)

## VIDEO

- [The Hidden Promise of Our Dark Age](#) by Joanna Macy
- [Beyond Anxiety and Depression...A Call to Awakening](#) by Jason Silva
- *Feel Better Live More* podcast: [Coronavirus: Gabor Maté on How Your Past Is Affecting Your Present](#)



# SUGGESTED RESOURCES



## AUDIO

- *Last Born in the Wilderness* podcast: [The End Of Ice: Bearing Witness In The Path Of Climate Disruption with Dahr Jamail](#)
- *OnBeing* podcast: [How Trauma Lodges in the Body with Bessel van der Kolk](#)
- [Emotional Inflammation: A Condition of Our Time with Dr. Lise Van Susteren](#)

## MEDITATION

- [Yoga Nidra with Shannon McPhee: To get past what holds you back](#)
- [How to Practice Tonglen](#) by Pema Chodon

## ORGANIZATIONS & PEOPLE

- [Somatic Experiencing Trauma Institute](#)
- [Mind My Peelings](#) (Worksheets & Info For Doing Inner Work)
- [The Embody Lab](#)
- [The Embodiment Institute](#)

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourceлист](https://goodgriefnetwork.org/livingresourceлист)





# POETRY

# RECOMMENDATIONS

*"grieve," "anger," and "heal" by nayyirah waheed*

*"Wild Geese" by Mary Oliver*

*"Let This Darkness Be A Bell Tower" by Rainer Maria Rilke,  
Sonnets to Orpheus II, 29; translation by Joanna Macy and  
Anita Barrows*

*"The Guest House" by Rumi*

*"The Healing Time" by Persha Gertler*

# STEP FIVE

## DEVELOP AWARENESS OF BIASES & PERCEPTION

### Each of us has permission to be wrong.

We only take in a portion of the world around us, constructing our reality from information collected and processed by our instincts, cognitive and cultural biases, senses, complex thinking, and the stories we are told and those we tell ourselves. This combination is limiting. We can't know what we don't know. If we never learn how our brains overcompensate for our limitations, we are held captive by our perceptions and judgements. As we begin to notice our biases and limited perception, we are invited to break through our rigid understanding of the world and cultivate a mindset that is curious and open.

Transitioning to a state of curiosity and openness is complicated by everyday distractions and demands that co-opt our attention and overpower our senses. When overwhelmed, our nervous systems engage our stress responses, leaving us in a state of reactivity. However, we have tools to help calm ourselves and regulate our nervous systems. Regularly practicing meditation, mindfulness, and/or gratitude, while reconnecting to our bodies, can train our nervous systems to respond to overwhelming stimuli in non-reactive ways. By observing our thoughts instead of identifying as them, and by noticing our bodily sensations, we create opportunities to choose how we react.

Compassion and humility are required as we explore our own reactivity, cognitive shortcuts, and limited perceptions. We can extend these values to others, too. Once we understand that the human world is made up of individuals with limited perceptions, patience, compassion, and forgiveness follow.

"Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in."

—Isaac Asimov



# SUGGESTED RESOURCES

## 5 QUOTES

- What we observe is not nature, but nature exposed to our method of questioning. —Heisenberg
- What counts is the ability to slow down and act from clarity and compassion rather than projection and selfishness. —George Draffan
- I would like to play the part of someone who has worked on my consciousness sufficiently so that if things get tough, in terms of environment, social structures, oppression, minority groups, whatever the thing is – I would like to be able to be in the scene without getting caught in my own reactivity to it, without getting so caught in my own fear that I become part of the problem instead of part of the solution. —Ram Dass

## ARTICLES

- [How Our Brain Biases Prevent Climate Action](#) by Matthew Wilburn King
- [Becoming Aware of How we Think](#) by Daniel Christian Wahl
- [The Ultimate Guide to Perception Checking](#)

## BOOKS

- Check out GGN's [Bookshop List: Develop Awareness of Biases & Perception](#)

# SUGGESTED RESOURCES

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## VIDEO

- Limitations of the brain by Sentis
- Thinking Fast and Slow by Daniel Kahneman: Animated Summary
- If We Don't Fix Sensemaking, We Won't Survive with Daniel Schmachtenberger

## COURSE

- Mindfully Facing Climate Change by Buddhist Inquiry

## ORGANIZATIONS & PEOPLE

- MindValley.com
- Science & Nonduality

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

# POETRY RECOMMENDATIONS

*"options"* by nayyirah waheed

*"In a Dark Time"* by Christine Valters Paintner

*"How to Tell the Truth"* by Paul Williams

*"Kindness"* by Naomi Shihab Nye



# STEP SIX

## PRACTICE GRATITUDE, WITNESS BEAUTY, & CREATE CONNECTIONS

**Gratitude, beauty, and connection are resilience strategies available to us at all times.**

When we practice gratitude, notice beauty, or strengthen connections to ourselves and others, we become present with what is still here. These practices help us overcome feelings of scarcity and lack. They are tools for making meaning and experiencing joy.

Creating meaning and experiencing joy are available to us if we make the decision to pursue them. Terry Tempest Williams writes that, "Finding beauty in a broken world is creating beauty in the world we find." The act of consciously experiencing beauty allows us to be transformed by it. In return, we feel emboldened to help transform the world around us.

Desperation, hopelessness, and threats to our safety sometimes make it seem like meaning or joy aren't available, but as long as there is life, they exist. When we encounter such devastations and disruptions, we must recall concrete instances of beauty, connection, or embodied gratitude from past experiences to help us endure the pain. Viktor Frankl, psychiatrist and Holocaust survivor, taught that those who have a "why" to live, can endure almost any "how."

What are the "whys" that sustain you through tumultuous times?

"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction."

—*Rachel Carson*



# SUGGESTED RESOURCES

## — QUOTES

- The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. How much sorrow can I hold? That's how much gratitude I can give. If I carry only grief, I'll bend toward cynicism and despair. If I have only gratitude, I'll become saccharine and won't develop much compassion for other people's suffering. Grief keeps the heart fluid and soft, which helps make compassion possible. —Francis Weller
- The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction. —Rachel Carson
- If we could see the miracle of a single flower clearly, our whole life would change. —Buddha
- The practice of meditation is not a passive, navel-gazing luxury for people looking to escape the rigors of our complex world. Mindfulness and meditation are about deeply changing ourselves so that we can be the change that we see needed for the world. —Larry Yang

## ARTICLES

- [How Gratitude Changes You and Your Brain](#) by Joel Wong and Joshua Brown
- [What Viktor Frankl's logotherapy can offer in the Anthropocene](#) by Ed Simon
- [How Meditation Changes the Brain](#) by Liam McClintock

## BOOKS

- Check out GGN's [Bookshop List: Gratitude, Beauty & Connections](#)

# SUGGESTED RESOURCES

## — VIDEO

- [How Beauty Can Save Us](#) by Jason Silva
- [Can Beauty Save Our Planet](#) by Chris Jordan
- Explained, “The Mind: Mindfulness” (docuseries on *Netflix*)
- [Can we create a new reality with an awareness of our two minds?](#) by Dr. Lee Smith

## AUDIO

- [Finding Joy During The Coronavirus Crisis](#) with adrienne maree brown
- *For the Wild* podcast: [brontë velez, on the necessity of beauty](#).
- *Embodiment Matters* podcast: [You were born into beauty as beauty for joyful life and that’s the truth: a deep and wide conversation with Pat McCabe](#)

## MUSIC

- [Resilient](#) by Rising Appalachia
- [We Shall Be Known](#) by MaMuse

## MEDITATION

- [RAIN: Recognize, Allow, Investigate, Nurture](#) by Tara Brach

## ORGANIZATIONS & PEOPLE

- [Gratefulness.org](#)
- [Radical Joy For Hard Times](#)
- [Bioneers](#)
- [Greater Good In Action](#) (Learn New Practices)

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)





# POETRY RECOMMENDATIONS

*"Adrift"* by Mark Nepo

*"The Summer Day"* by Mary Oliver

*"Eagle Poem"* by Joy Harjo



# STEP SEVEN

## TAKE BREAKS & REST

**Taking a break has been portrayed as an individual luxury afforded to us only if we have earned it.**

But rest is a human right. And it's one that's not recognized by the dominant Western culture that has profited from disproportionately denying rest to under-resourced and marginalized communities.

Each of us has personal limitations that we must respect. We must cultivate enough self-awareness to know when we need to take a step back and recharge. If we continue trying to push through, we become dysregulated and oversaturated, unable to receive new information and insight. This leads to irritability, rigidity, freneticism, and eventually, burnout. Staying in a state of dysregulation prevents us from participating in the meaningful work asking to be brought forward by each of us. Báyo Akómoláfé often says, "The times are urgent; let us slow down."

The collective traumas of the world are exhausting, and living from a place of openness, awareness, and vulnerability requires considerable energy. Dr. Sandra Dalton-Smith teaches that everyone needs seven different types of rest: physical, mental, sensory, creative, emotional, social, and spiritual. We must cultivate space and time in our lives to engage with different forms of rest, understanding that we can't do it alone. To truly take breaks, we must rely on our community to hold us when it is our time to slow down. And when we are recharged, we reciprocate this generosity by showing up refreshed and ready, so that our loved ones can rest, too.

Are you willing to slow down and take a break?

The work will be there when you return.

"Caring for myself is not a self-indulgence, it is self-preservation, and that is an act of political warfare."

—Audre Lorde,  
*A Burst of Light*



# SUGGESTED RESOURCES

## 7

### QUOTES

- Every person deserves a day away in which no problems are confronted, no solutions searched for. On that day we need to withdraw from the cares which will not withdraw from us. —Maya Angelou
- Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. —Sir John Lubbock
- The idea of slowing down is not about getting answers, it is about questioning our questions. —Bayo Akomolafe

### ARTICLES

- [A Slower Urgency](#) by Bayo Akomolafe
- [Activist Burnout Is Real – And You Probably Need to Read These 4 Ways to Manage It](#) by Aliya Khan
- [We need to move on from self-care to something that cannot be captured by capitalism](#) by Brigid Delaney
- [The 7 types of rest that every person needs](#) by Sandra Dalton-Smith MD

### BOOKS

- Check out GGN's [Bookshop List: Take Breaks & Rest](#)



# SUGGESTED RESOURCES



## VIDEO

- Break by Brooke McNamara (poem)
- Bayo Akomolafe on Let Us Make Sanctuary

## AUDIO

- *Emergent Liberation Collective* podcast: Generative Rest
- *For the Wild* podcast, Tricia Hersey, on Rest as Resistance

## ORGANIZATIONS & PEOPLE

- The Emergence Network
- PositivePsychology.com
- Nap Ministry

For the entire list of resources suggested for this step, please visit

[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

# POETRY RECOMMENDATIONS

*"Break"* by Brooke McNamara

*"Clearing"* by Martha Postlewaite

*"Keeping Quiet"* by Pablo Neruda

*"The Way In"* by Linda Hogan

# STEP EIGHT

## GRIEVE THE HARM I HAVE CAUSED

**Part of the human condition involves being both the recipient and perpetrator of harm throughout our lives.**

As such, we must heal from the harm we receive and hold ourselves accountable for the harm we cause. The harm we engage in varies greatly based on how and where we live, the social and cultural norms we follow, our individual levels of power and privilege, and our past traumas and experiences.

Power-over structures, like patriarchy, colonialism, capitalism, racism, ableism, and heteronormativity determine who has access to power, wealth, and resources, and who does not. For those of us living in the dominant culture, these structures are alive in each of us. And unless we do the gritty work of noticing, questioning, and transforming them, we let them live. Just by moving through our days and trying to fit into a deeply wounded culture, we may cause more harm. To survive in these toxic systems, we often disconnect, numb ourselves, and throw up walls, generally leading to feelings of guilt and shame over our actions. But we cannot get boxed in by our heavy feelings over the harm we have caused because the political and corporate elite prey on our immobilization, keeping us compliant.

This step is your personal invitation to turn inward, explore the ways in which you have caused harm, and become accountable for your actions. This practice is a continuous dance of learning, unlearning, grieving, forgiving, and repairing. By doing this, we open to new (and ancient) ways of being that dignify and protect those most vulnerable, our communities, and our planet.

Working toward collective liberation demands compassion and fierceness as we own our mistakes, reclaim our own agency, and tear down any walls that disconnect us, repurposing their scraps to build bridges.

“Walls turned sideways  
are bridges.”

—*Angela Davis*





# SUGGESTED RESOURCES

## — QUOTES

- Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.  
—Clarissa Pinkola Estés
- If we see that something is wrong we have no choice but to oppose it—for the sake, if for nothing else, of our own souls. And yet, in so destructive an age as ours, it is possible for our sense of wrong to become an affliction. —Wendell Berry
- The trouble is that once you see it, you can't unsee it. And once you've seen it, keeping quiet, saying nothing, becomes as political an act as speaking out. There's no innocence. Either way, you're accountable.  
—Arundhati Roy

## ARTICLES

- [What the West doesn't get about the climate crisis](#) by Amitav Ghosh
- [Darkness Is Asking To Be Loved](#) by Zenju Earthlyn Manual
- [American Individualism Is My Climate Fear](#) by Lydia Milet
- [Your Liberation Is On The Line](#) by Rev. angel Kyodo williams
- [Are you Ready To Consider That Capitalism Is The Real Problem?](#) by Jason Hickel and Martin Kirk

## BOOKS

- Check out GGN's [Bookshop List: Grieving the Harm I've Caused](#)

# SUGGESTED RESOURCES

## — VIDEO

- [Feeling climate \(in\)justice](#) with Blanche Verlie (57:40)
- [Decolonizing The Psyche](#) by Pegi Evers (23:16)
- [How to Support Harm Doers in Being Accountable](#) with adrienne maree brown

## AUDIO

- *Finding Our Way* podcast: [Kazu Haga on Navigating Conflict](#)

## MUSIC

- [Be the Change](#) by MC Yogi
- [Part Problem](#) by Nahko and Medicine for the People

## COURSE

- [Free Racialized Trauma Course](#) with Reesma Menakem

## ORGANIZATIONS & PEOPLE

- [Pachamama Alliance](#)
- [Post Growth Institute](#)
- [Gesturing Toward Decolonial Futures](#)

For the entire list of resources suggested for this step, please visit  
[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

# POETRY RECOMMENDATIONS

*"The Poet With His Face In His Hands" by Mary Oliver*

*"A Brief For The Defense" by Jack Gilbert*

*"On another panel about climate, they ask me to sell the  
future and all I've got is a love poem"  
by Ayisha Siddiq*

*"grief" by Lucille Clifton*

*"The Unbroken" by Rashani Réa*



# STEP NINE

## SHOW UP

**Now that we have done some healing through slowing down, self-reflecting, and building self-awareness, we need to focus on showing up.**

This starts by determining where our energy is best placed.

The work of this time will eat us alive if we let it. It's important to create and honor our personal boundaries to protect our energy. Boundaries help us be mindful of why and how we show up in our communities.

We can begin to explore whether we ought to show up or if our attention and energy are better placed elsewhere. Are we trying to prove something or please someone? Are we following a cultural expectation? Or, are we pushing through our own discomfort to cultivate strength, connection, and growth?

Once we learn how to be discerning with our energy, we can practice courage in how we show up. Ongoing disruptions will challenge our ability to be fully awake, aware, and connected, yet we know that we are most alive in the moments we engage with authenticity and vulnerability. What types of relational tools must we develop within our communities to be able to hold this tension and, like a band, take turns playing our series of notes and taking a rest, knowing that we are more resilient when we explore our edges while honoring our boundaries?

"The moment that you feel that, just possibly, you're walking down the street naked, exposing too much of your heart and your mind and what exists on the inside, showing too much of yourself... That's the moment you may be starting to get it right."

—Neil Gaiman



# SUGGESTED RESOURCES

## — QUOTES

- I hope you will go out and let stories happen to you, and that you will work them, water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom. —Clarissa Pinkola Estés
- Be brave enough to start a conversation that matters. —Margaret Wheatley
- Activism is simply acting on the impulse to “be of benefit” to something greater than yourself, in a whole variety of ways. —Terry Patten, *A New Republic of the Heart: An Ethos for Revolutionaries*

## ARTICLES

- ["There's no place for burnout in a burning world"](#) by Charlie Wood
- ["The possible has been tried and failed: now I want to try the impossible"](#): What Sun Ra can teach the climate movement by Rob Hopkins
- [We are Earth](#) by adrienne maree brown

## BOOKS

- Check out GGN's [Bookshop List: Show Up](#)

# SUGGESTED RESOURCES

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## VIDEO

- TedTalk: The Power of Vulnerability & Listening to Shame with Brené Brown
- Neil Gaiman's Inspirational Commencement Speech at the University of the Arts 2012

## AUDIO

- *On Being* podcast: The World Is Our Field of Practice with Reverend angel Kyodo williams

## ORGANIZATIONS & PEOPLE

- Extinction Rebellion
- Sunrise Movement
- Fridays For Future
- Climate Disobedience Center

For the entire list of resources suggested for this step, please visit [goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)





# POETRY RECOMMENDATIONS

*"To Be Of Use"* by Marge Piercy

*"Community"* by Starhawk, *Dreaming the Dark*

*"The Appointment"* by Mark Nepo

*"Fear"* by Kahlil Gibran



# STEP TEN

## REINVEST IN

### MEANINGFUL EFFORTS

**The final step is to use the openness, wisdom, energy, and resilience that we've cultivated through the other steps to inform our every action.**

As we reconnect to ourselves, others, and the more-than-human world, we make decisions based on compassion and insight instead of egocentric motivations. Our actions become relational. These efforts are generated from our inner stillness and from outer reverence. Meaningful actions can be identified at the intersection of our passions, skills, and experiences.

When there are no well-worn paths to help us navigate this predicament, we must take the next best step in service of connection, growth, and healing. This requires practices of courage and curiosity. By staying open and curious and joining in community, we can lay the foundation to co-create a truly just and life-centered future.

"Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach."

—*Clarissa Pinkola Estés*



# SUGGESTED RESOURCES

## QUOTES

- Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive. —Howard Thurman
- The real work of planet-saving will be small, humble, and humbling, and (insofar as it involves love) pleasing and rewarding. Its jobs will be too many to count, too many to report, too many to be publicly noticed or rewarded, too small to make anyone rich or famous. —Wendell Berry
- Our strategy should be not only to confront empire, but to lay siege to it. To deprive it of oxygen. To shame it. To mock it. With our art, our music, our literature, our stubbornness, our joy, our brilliance, our sheer relentlessness – and our ability to tell our own stories. Stories that are different from the ones we're being brainwashed to believe.
- The corporate revolution will collapse if we refuse to buy what they are selling – their ideas, their version of history, their wars, their weapons, their notion of inevitability. Remember this: We be many and they be few. They need us more than we need them. Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing. — Arundhati Roy, *War Talk*

## ARTICLES

- [By Reconnecting With Soil, We Heal the Planet and Ourselves](#) by Leah Penniman
- [Beyond Sustainability? – We are living in the Century of Regeneration](#) by Daniel Christian Wahl
- [The Climate Mobilization Victory Plan](#) by Ezra Silk

## BOOKS

- Check out GGN's [Bookshop List: Reinvest in Meaningful Efforts](#)



# SUGGESTED RESOURCES

## — VIDEO

- [A Swedish Teenager's Compelling Plea on Climate](#)
- [TedTalk: How to Turn Climate Anxiety into Action](#) with Renee Lertzman

## DOCUMENTARIES

- [I Am Greta](#)
- [Kiss the Ground](#)
- [Fierce Light: Where Spirit Meets Action](#)

## MUSIC

- [No Way As The Way](#) by Dead Prez
- [Changes \(Official Music Video\)](#) by 2Pac ft. Talent
- [Exactly](#) by Amy Steinberg
- [People's Faces](#) by Kate Tempest

## MEDITATION

- [Yoga Nidra with Shannon McPhee: To Hear Your Inner Truth](#)

## ORGANIZATIONS & PEOPLE

- [Global Ecovillage Network](#)
- [EcoAnxious Stories](#)
- [Waterspirit](#)
- [All We Can Save Project](#)

For the entire list of resources suggested for this step, please visit  
[goodgriefnetwork.org/livingresourcelist](https://goodgriefnetwork.org/livingresourcelist)

# POETRY RECOMMENDATIONS

*"The Dakini Speaks"* by Jennifer Welwood

*"Prescription for the Disillusioned"* by Rebecca del Rio

*"Accepting This"* by Mark Nepo

*"Dear Darkening Ground"* by Rainer Maria Rilke





**THANK YOU FOR  
JOINING US ON  
THIS JOURNEY.**

**MAY YOU EMBODY  
COURAGE & GRACE  
WITH EVERY STEP.**