



Youth Rising Above Climate Anxiety

MODULE 4 'COMMUNITY'



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A **community** is defined as a social unit (a group of people) with shared characteristics such as place, culture, norms, or values.

Community is a sense of belonging

It encompasses both a feeling, and a set of relationships among individuals, characterized by trust, belonging, and mutual support.

In the context of CLIMATE CHANGE;

"**Community**" usually refers to a group of people who are connected by shared geography, identity, interests, or vulnerabilities.

A group of people who are collectively affected by, and capable of responding to, climate-related risks.

Defining Community

01

The Power of We:
Strengthening Emotional
Resilience





What makes a community?

**The
Power of 'We'
is what makes a
community**

**Collective Emotional Strength
vs.
Individual Isolation**

**Understanding the Emotional
Impact of Climate Change on
Communities**

**Empowering Individuals by
Fostering Group Solidarity**



*Key concepts about
'Strengthening
Emotional
Resilience'*

While personal resilience is valuable, **emotional endurance in the face of climate change often grows stronger when nurtured collectively rather than in isolation.**

In shared spaces, whether in

- local neighbourhood meetings
- activist groups
- cultural gatherings

People can voice **fears, grief, and frustration** without judgment.

This **shared vulnerability** fosters trust and connection, transforming anxiety into mutual support.

When individuals see their struggles reflected in others' experiences, it **reduces feelings of alienation** and **strengthens** the belief that challenges can be faced together.

Over time, these supportive networks become emotional safety nets, offering both practical help and a **shared sense of purpose** that no single individual could generate alone.

1

Collective Emotional Strength vs. Individual Isolation



2

Understanding the Emotional Impact of Climate Change on Communities:

The **emotional footprint of climate change extends far beyond the immediate aftermath of extreme weather events.**

While a flood or wildfire can cause acute trauma, the slower-moving consequences, for example;

- Shifting seasons
- Disappearing species
- Or, the creeping threat of sea-level rise

Can create a chronic undercurrent of anxiety.

This ongoing uncertainty can weigh heavily on entire communities, particularly those whose livelihoods or cultural traditions are deeply tied to the environment.

For Indigenous peoples, small island nations, or rural agricultural communities, climate change is not an abstract threat but an unfolding reality.

Recognizing this collective emotional burden is essential for developing mental health resources and climate communication strategies that are culturally sensitive, trauma-informed, and long-term in scope.

When people **unite under a shared goal**, a transformation often occurs:

Fear becomes Fuel Despair becomes Determination.

Solidarity doesn't just provide comfort, it creates momentum.

In climate action, this means individuals who might feel powerless on their own **can become energized contributors when part of a group.**

Participating in community gardening projects, renewable energy cooperatives, or local policy advocacy campaigns offers more than tangible results; it **nurtures a sense of agency and hope.**

This **hope is contagious**, inspiring further engagement and reinforcing the idea that collective action can bend the trajectory of climate outcomes. The emotional shift from isolation to empowerment can be just as critical as the physical measures taken to adapt or mitigate.

3

Empowering Individuals by Fostering Group Solidarity!



Actionable Ideas for:

*‘Strengthening
Emotional
Resilience’*

Community workshops focused on emotional resilience practices, such as mindfulness, group therapy, or storytelling.

Peer support networks for sharing coping strategies.

Community support events where people can share their climate-related fears and support each other.



02

Turning Climate
Anxiety into Change

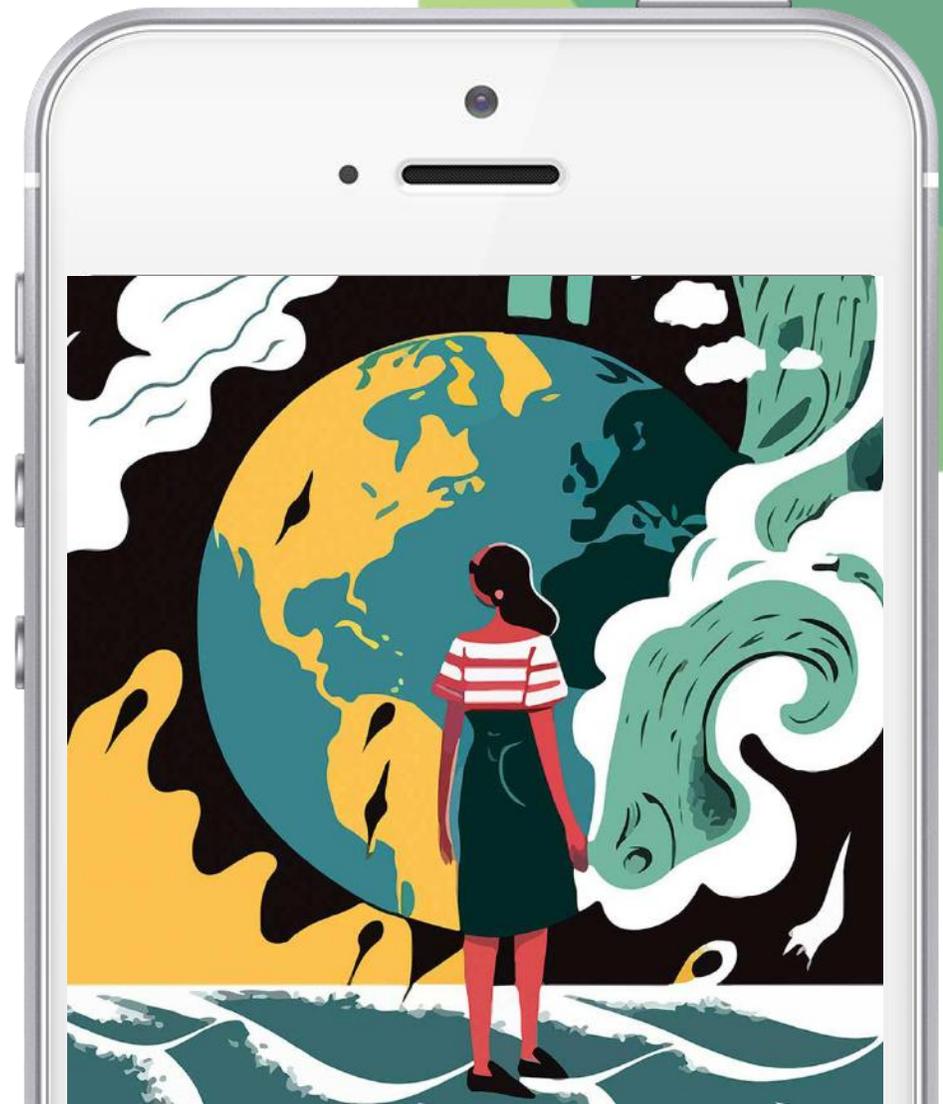


KEYS CONCEPTS ABOUT: 'Turning Climate Anxiety into Change'

*The link between
Climate Anxiety
and Inaction*

*Examples of small,
manageable actions
that can have a
significant impact.*

*Strategies for transforming
fear and helplessness
into positive
community-driven actions*





1

Turning
Climate Anxiety
← into →
Change

The link between Climate Anxiety and Inaction:

Big problems can feel so overwhelming that people freeze.

Climate anxiety can make us tune out, avoid the news, or think *“nothing I do will matter.”*

Knowing this is normal is the first step to moving forward!



2

Turning
Climate Anxiety
← into →
Change

Turning Fear into Community Action:

Fear can push us to act --> if we have clear, doable steps.

Start small, work with others, and celebrate each win.

*(Try out some of the action ideas the next time you feel lost or fear.
Just like the Tesco saying goes, 'Every little helps')*

Change feels possible when we share the load and see progress.



3

Turning
Climate Anxiety
← into →
Change

Small Actions, Big Ripple Effects:

Remember: **Little steps add up.**

You could take the next step by;

Planting a tree with friends

Setting up a repair café

Swapping clothes instead of buying new

Joining a local (or online!) climate group.

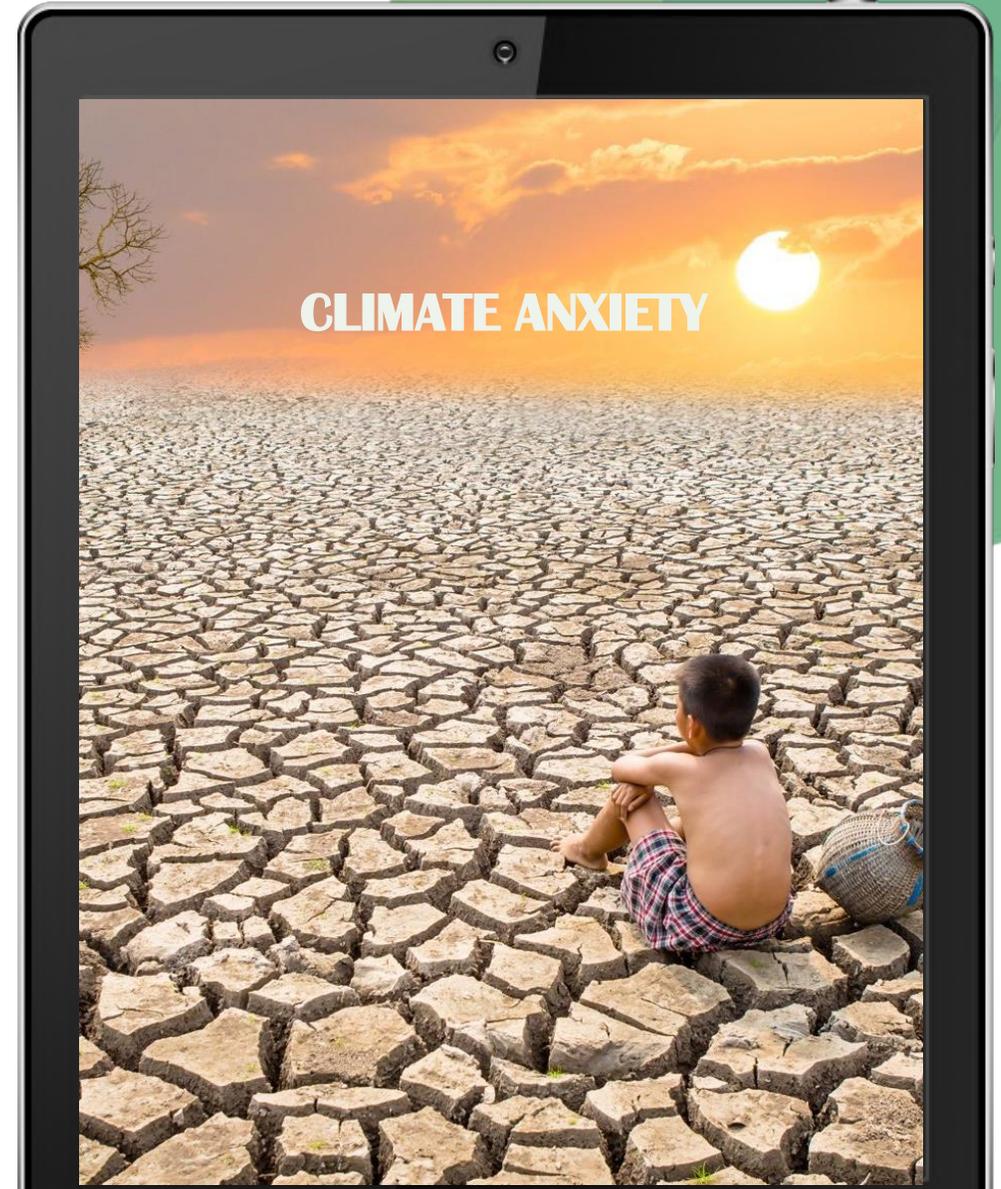
**Every action helps the planet and reminds you that
you can make a difference.**

Actionable Ideas for: Turning Climate Anxiety into Change

Action plans for local communities, like organizing tree planting events, reducing waste initiatives, or advocating for local green policies.

Storytelling sessions where community members share examples of how they transformed their anxiety into positive change.

Climate action groups focused on youth and adults collaborating on eco-friendly projects.





03

Cultivating Climate-Ready Communities



Keys concepts about:

*Cultivating
Climate-Ready
Communities*



**The importance of
community
preparedness in the
face of climate
events**

**How to build climate-
resilient infrastructure
and social systems
that support
sustainability**

**The role of education
in cultivating
long-term
community resilience**



Actionable Ideas for: 'Cultivating Climate-Ready Communities'

Workshops on Sustainable Living

For example;

- Rainwater harvesting
- Home energy audits

Building local resilience teams that focus on preparing for

- Natural disasters
- Energy-saving initiatives, or
- Sustainable local food production

Educational campaigns to inform communities about the impacts of climate change and ways they can mitigate them



04

The Emotional Compass: Navigating Climate Anxiety Collectively

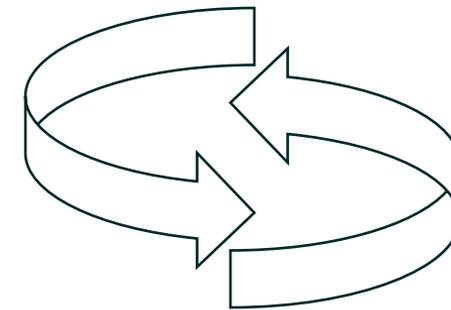


Developing emotional literacy within communities to deal with climate-related stress and grief.

Group-based approaches to managing climate anxiety and fostering solidarity.

Emotional resilience as a collective asset.

Keys Concepts about: Navigating Climate Anxiety Collectively

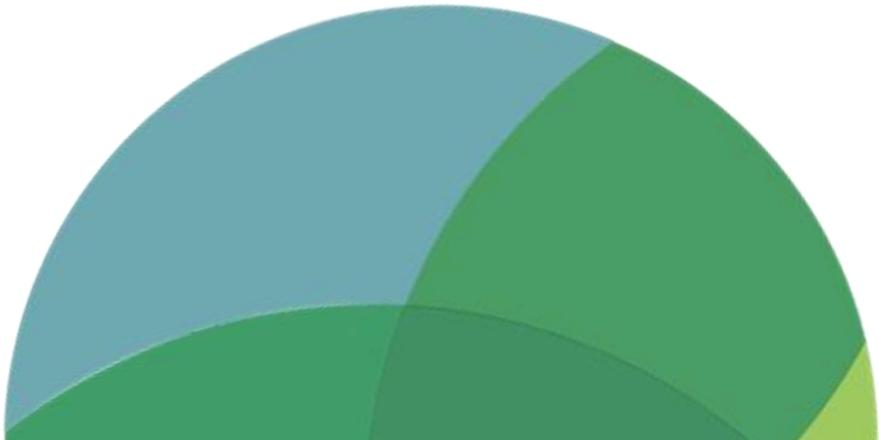


Actionable Ideas for: Navigating Climate Anxiety Collectively



05

The Resilience Blueprint: How Communities Adapt & Thrive



Keys Concepts about: The Resilience Blueprint How Communities Adapt and Thrive

Understanding the blueprint for building a resilient community in response to climate challenges.

Case studies of communities that have successfully adapted to climate impacts.

The importance of proactive planning and long-term thinking.

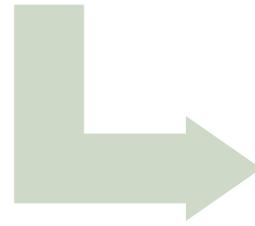


Actionable Ideas for: 'The Resilience Blueprint':

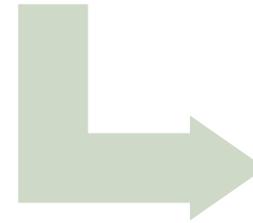
How Communities Adapt and Thrive!



Building community resilience maps that identify key vulnerabilities and strategies for adaptation (e.g., flood risks, food security).



Peer-to-peer learning opportunities where successful case studies are shared and implemented in new areas.



Collaborative projects that involve the community in designing resilience strategies.

06

Re-Planet-ing
Our Communities



Keys Concepts about: 'Re-Planet-ing Our Communities'



Rebuilding our relationship with the planet on a community level.



Shifting toward a "regenerative" mindset. Restoring, rather than merely sustaining, the environment.



How communities can take steps to reduce their ecological footprint through sustainable practices.



Green infrastructure projects like *community gardens, urban farming, and green roofs.*

Local sustainability **festivals** that teach and showcase sustainable living practices.

Rewilding initiatives. Communities coming together to **restore ecosystems and natural habitats.**

Actionable Ideas for: 'Re-Planet-ing Our Communities'

07

A Pulse for Every Community



Keys Concepts about: 'A Pulse for Every Community'



Harnessing local culture, values, and energy for effective action.



Understanding the diverse needs and capacities of different communities.



The idea that every community has its own unique "pulse" and energy that can drive climate action

A Pulse for Every Community

A community's pulse is its emotional, cultural, and social energy. It's how people come together, what they care about, and what makes them act.

Remember that no two communities are the same

One community might beat with the rhythm of street parades and protest chants.

Another community might hum quietly through shared discussions, nature cleanups, or raising awareness virtually.



A Pulse for Every Community

A community's pulse is its emotional, cultural, and social energy.
It's how people come together, what they care about, and what makes them act.

Remember that no two communities are the same

Different types of communities

Physical
(In-person)
Communities

Online
Communities

Intergenerational
Communities

Youth &
Student
Communities

Global
Advocacy
Network
Communities

Case Study Examples

of how various communities can act and support on the same matter in their own ways

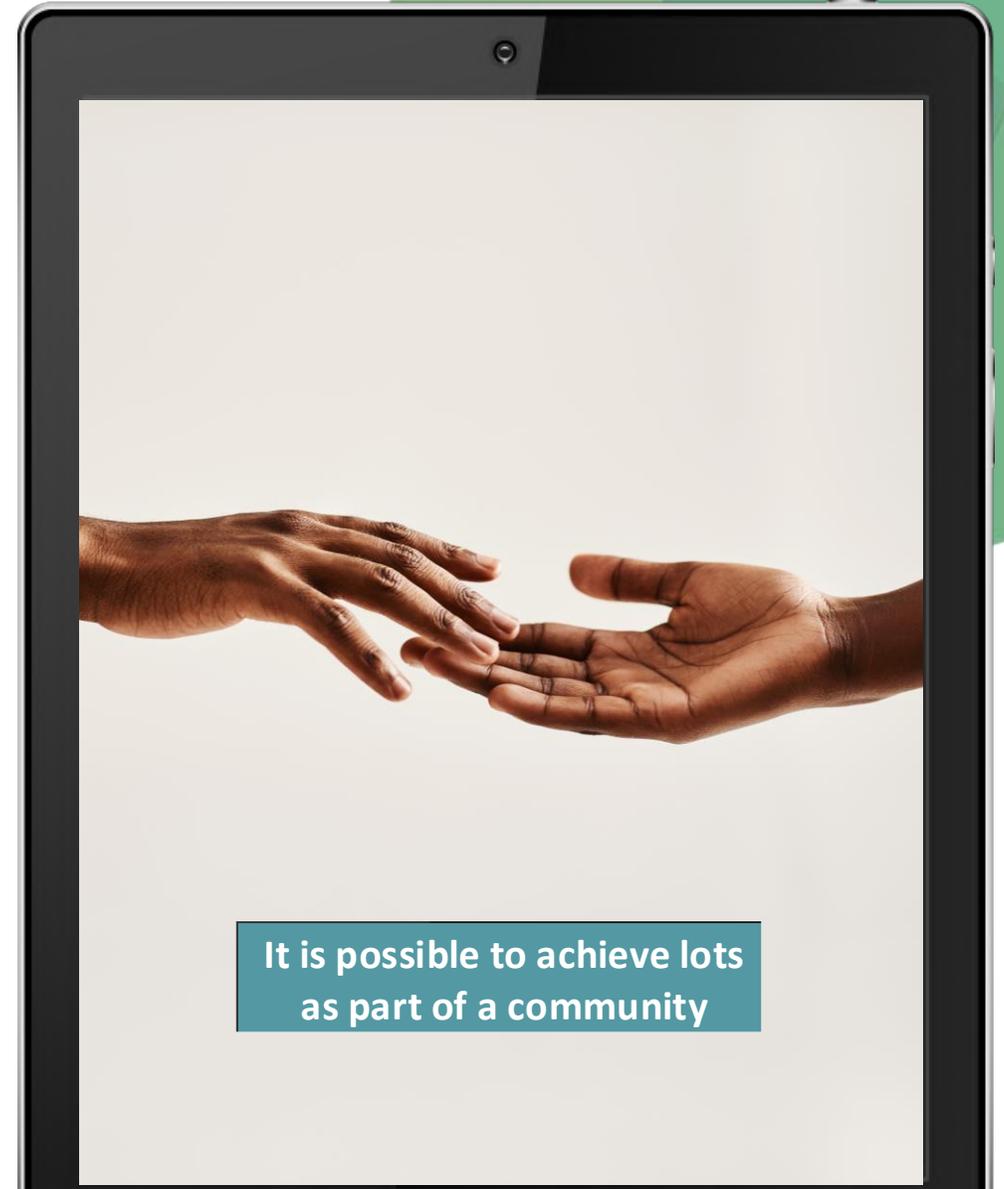
During the **Australian** bushfires, the local fire brigades and neighbors offered on-the-ground support (physical community at its best)

At the same time, global Instagram accounts raised millions in aid and awareness (the power of online networks)

Both were needed and valuable.

Some more examples:

- In rural **Romania**, where internet access can be limited, climate awareness has grown through community theatre and local radio storytelling, especially among older people.
- In **Copenhagen**, an online 'Green City Discord' connects students, architects and activists across Europe, collaborating on sustainable design challenges. Combining virtual friendships to plan actions locally.





Community pulse surveys to gauge local concerns, interests, and capacity for action.

Celebrating local culture in climate action efforts (e.g., incorporating traditional knowledge and practices).

Creating personalized action plans based on community-specific strengths.

Actionable Ideas for: 'A Pulse for Every Community'

Planet Pulse, Community Pulse



Keys Concepts about: 'Planet Pulse, Community Pulse'

The interconnectedness between the well-being of the planet and the well-being of its communities.

Reinforcing that global change begins at the local level, with communities aligning their actions to planetary health.



The concept that the health of our communities directly impacts the health of the Earth.

Actionable Ideas for: 'Planet Pulse, Community Pulse'



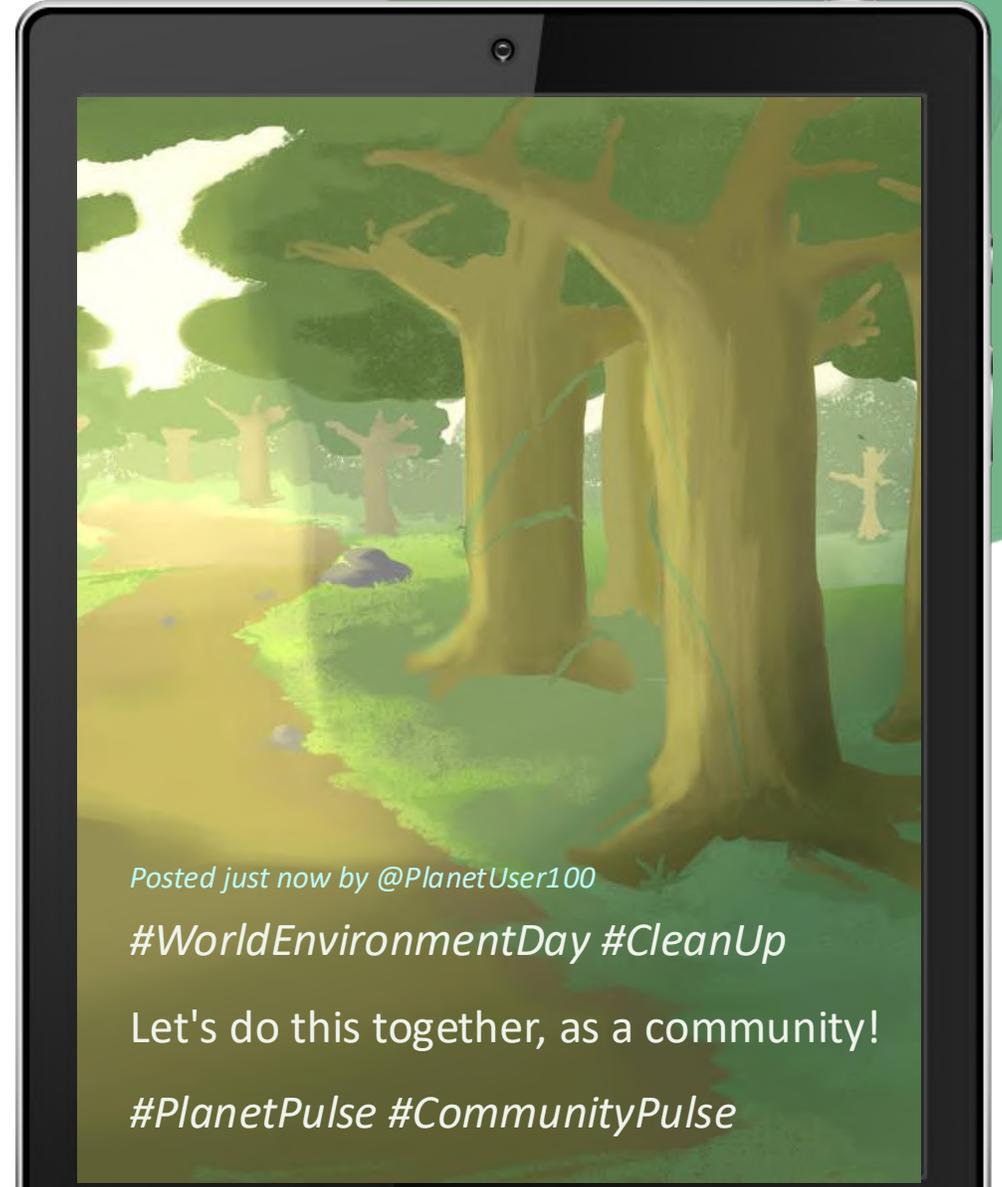
Community-wide sustainability pledges where people commit to environmental goals.



Global-local action connections, such as linking local sustainability projects with global environmental initiatives (e.g., tree planting initiatives contributing to global carbon offset goals).



Creating "pulse" events where communities unite to focus on a specific environmental cause, like World Environment Day.



Posted just now by @PlanetUser100

#WorldEnvironmentDay #CleanUp

Let's do this together, as a community!

#PlanetPulse #CommunityPulse

09

Examples of Communities and Organizations Successfully Implementing Sustainable Actions



Examples of Communities and Organizations successfully implementing Sustainable Actions

17º Ribeira Sacra Festival (Galicia, España)



It implements practices such as using biodegradable materials, promoting local and seasonal products, and offering bus transportation to reduce attendees' carbon footprint.

Sustainable Festivals in Mazamitla, Mexico



During the Craft Beer Festival, recycling systems allowed up to 70% of generated waste to be reused or recycled. Additionally, the Gastronomy Fair promotes the use of organic ingredients sourced from community gardens, supporting the local economy and reducing the carbon footprint.

10

Measures taken by European Union communities to reduce their ecological footprint through sustainable practices



Measures taken by European Union communities to reduce their ecological footprint through sustainable practices.

Creation of Food Forests in Artajona

Urban Rewilding in Zamora, Spain

Energy Efficiency Improvements in Cabra de Santo Cristo

Artajona transforming a 23,000-square-meter plot into a food forest using permaculture techniques to promote biodiversity and sustainable food production.

the RenaturaliZA project aims to rewild 16 hectares and 7 km of urban roads by planting 400 trees and installing 150 nest boxes for various species.

New photovoltaic installations for self-consumption were inaugurated in municipal buildings . These installations will enable approximately 84% of the energy consumed to be generated from renewable sources.



11

Local Sustainability
Festivals in *Ireland*



Climate Inspirations Festival in Galway, Ireland

This festival aims to change the narrative around climate action towards a more positive perspective.

It includes activities such as "Playful Streets", which transforms streets with games, street theatre, art, and music to foster climate conversations.

Additionally, talks and panel discussions on various sustainability and climate change topics are held.



Junk Kouture Festival in Dublin and across Ireland and the World

JUNK KOUTURE

As 'The Global Sport For Creatives', Junk Kouture is open to **12-19** year olds

Challenges young people to **design & create** high-end Kouture from **upcycled** Junk

Showcasing their design & representing their school on stages across the world

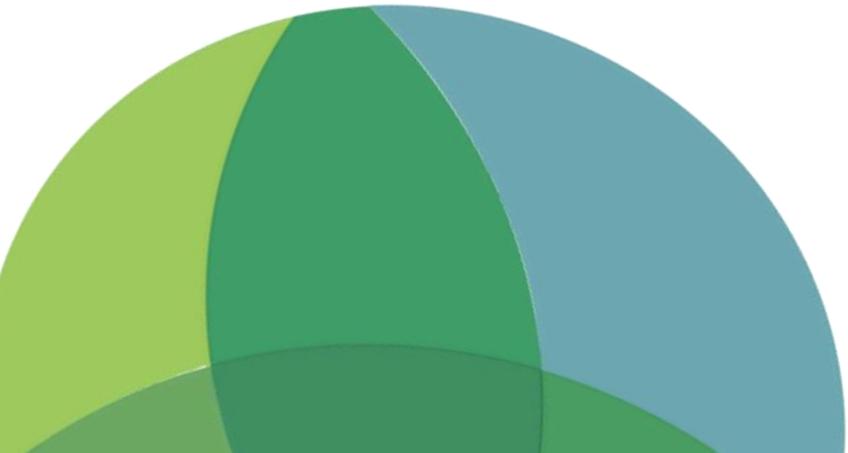
Evolving educational resources on creativity, **innovation**, and **circularity** to inspire students and educators to apply their learning beyond Junk Kouture.



Junk Kouture Irish 'STEM' Category Winner 2024
from Roscommon, Ireland

12

*Green infrastructure projects
in the European Union*





Green Roof Strategy in Hamburg, Germany

(Green infrastructure projects in the European Union)

The city of Hamburg has implemented a comprehensive strategy to promote green roofs, combining financial incentives, dialogue, regulations, and scientific support.

The goal is to green at least 70% of new buildings and flat or slightly sloped roofs undergoing renovation

Which translates to planting a total of 100 hectares of green rooftops in the metropolitan area.



"Top of the City" Community Garden in Waterford, Ireland:

*(Green infrastructure projects in
the European Union)*

This project received €45,000 in funding to introduce vertical growing spaces, green roof structures, and a rainwater filtration system.

It also includes a community chicken-feeding area and an elevated pond



Foster urban agriculture and environmental education within the community.





Youth Rising Above Climate Anxiety

Well Done! & Thank you!

You have now completed Module 4 of the Planet Pulse Learning Course
'Community'

Continue your learning with Module 5
'Empowerment'

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