

Mindfulness and Climate Activism Suggestions for Next Steps!

The full IPCC report on current figures around climate change

<https://www.ipcc.ch/assessment-report/ar6/>

Support and resources around feelings about the climate crisis:

Climate Psychology Alliance <https://www.climatepsychologyalliance.org/>

Work that Reconnects – approaches devised by Joanna Macey <https://workthatreconnects.org/>

Meditation and Buddhist approaches to the climate crisis <https://oneearthsangha.org/>

Tips on ways you can live a greener lifestyle

Positive News have produced a list of suggestions <https://bit.ly/3y2aOlo>

A useful clear book: How to Save Our Planet: the facts by Mark Maslin (2021)

Switch to a more ethical bank with this useful site <https://switchit.money/>

Environmental campaign organisations you can volunteer with or support financially (there are many more!)

Friends of the Earth <https://friendsoftheearth.uk/>

Greenpeace <https://www.greenpeace.org.uk/>

Extinction Rebellion <https://extinctionrebellion.uk/> Brighton group <https://xrbrighton.earth/>

Brighton Extinction Rebellion Meditators: for more info on how to get involved email brightonxrmeditation@protonmail.com

Brighton based charity offering renewable energy solutions to the Global South
<https://renewable-world.org/>

An organisation using the law to challenge environmental destruction <https://www.clientearth.org/>

Climate Justice organisation <https://ejfoundation.org/>

Contact info for workshop facilitators:

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