**Something for the weekend.....Action #7: Don’t panic; don’t be alone; do share and do what you can**

If you are not already aware, this is [#mentalhealthawarenessweek](https://www.facebook.com/hashtag/mentalhealthawarenessweek?source=feed_text&epa=HASHTAG). What’s mental health got to do with waste reduction and climate change, I hear you say?

Eco-anxiety.

Yes, it is a thing. Psychology Today define this as “a fairly recent psychological disorder afflicting an increasing number of individuals who worry about the environmental crisis”. There was also a great show on Radio 4 about it. Do listen if you can.

[https://www.bbc.co.uk/programmes/m00050qr](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.bbc.co.uk%2Fprogrammes%2Fm00050qr%3Ffbclid%3DIwAR0s8ytR7wjATBo7g5hOYTOINRKsmTTnobsdKO2V2QDwcgRNhXeklsoLjEk&h=AT0rOaoB8Hag78NlwnUlJGZg6Z78qxK5oe2uRdzXEwUs_2ai5tywRaCpFKePRVevbELul6sMsZbDMWBByidKmfExQ9KP6FF5sV3rwRD9W6yqC65WOF3v5pcgwigcwcsI5eQTd_rpgs4rpmqlmJDw0_TTaeWGaIRjT9rC4Q)

You are in this Group because you care; and those that care hear we should panic and fear the reality of climate change. But does this panic and fear fuel your passion and drive to make a difference? Or does it leave you feeling like a rabbit in the headlights, blinded and paralysed by the sheer magnitude of the issue?

Or maybe a bit of both; as if the steps you have already taken fall into insignificance as our fellow humans across the globe bear the brunt of the increasing frequency of 'natural' disasters; of waters bulging and swelling with plastic; of dry, baron lands that no longer flourish with the natural presence of water that once supported thriving and diverse communities of people and wildlife alike.

We agree, it is a terrifying situation. We feel that sense of urgency and powerlessness at the same time.

The key being WE. Not I. Not YOU.

WE are ALL responsible; at this stage of our human existence, there is so much positive action that can be (and is being) taken. But to be productive on this journey of sustainability, WE must work TOGETHER. And not just on the practical stuff. We must show care and compassion towards each other, too.

The phenomenal [Extinction Rebellion](https://www.facebook.com/ExtinctionRebellion/?ref=gs&__tn__=%2CdK-R-R&eid=ARDx-6u11286q08REIoe94PcDRnUt6NuZabwUS0RzbrLkNrKT93axkMZQ8npI3mzNYX_9lif-dLZIsAs&fref=gs&dti=308664193075982&hc_location=group) cite ‘The Skill of Brokenheartedness in the wake of XR’; providing support “for those of you stirred, bereft, lost, angry, longing, unsettled, heartbroken, raw, unsure” through unified expression and simply being ‘present’.'

This holistic approach should be favoured by us all. Here in this Group, please enjoy the benefits of being around others who maybe feeling a range of thoughts and emotions described above. Let us not judge. Let us not fear of being judged. It is not a competition; to be so will only compound the sense of anxiety, helplessness and isolation some of us may be experiencing. We are all striving for the same thing. Keep doing what you can, when you can; you are wonderful!

Please feel free to share thoughts and feelings with us in the comments below, especially any coping strategies or tips you have found helpful in your journey. You are in good company.

But of course, we are not experts and if you are experiencing concerns relating to your mental health, please do consider speaking to your GP. Anxiety is a condition that affects 1 in 10 of us; there is help available. You can also self-refer to Steps2Wellbeing or find further information and advice through organisations such as Rethink Mental Illness and [Anxiety UK (official)](https://www.facebook.com/anxietyuk/?ref=gs&__tn__=%2CdK-R-R&eid=ARDEyRkWM3_xuubK1X7ir7OgBuAt8XE5VdGv8w5A6YbGOjDhh6GNGigDmDofoGCcH63MriipaNWeySWd&fref=gs&dti=308664193075982&hc_location=group). Keep well. Keep safe. Keep striving for change.