



The Mind and the Heart

In the Midst of the Climate Crisis



Land Acknowledgement

We acknowledge that the land in which we gather today is the **traditional unceded and unsurrendered territory of the Wəlastəkwiyyik/Wolastoqiyik** (WOOL-ah-sto-gway) **Peoples**. This territory is covered by the “**Treaties of Peace and Friendship**” which **Wəlastəkwiyyik, Mi’kmaq** and **Passamaquoddy Peoples** first signed with the British Crown in 1725. The Treaties did not deal with surrender of lands or resources but in fact recognized Mi’kmaq and Wəlastəkwiyyik title and established the rules for what was to be an ongoing relationship between equal nations.

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Share one word that describes how are you feeling at this moment?

Partagez un mot qui décrit ce que vous ressentez en ce moment.

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"We are not separate from the Earth; we are part of it, whether we recognize it or not."

- David Suzuki

Climate Mindfulness

This workshop is inspired by the **Climate Mindfulness Report (UK)**, which highlights the need for integrating mindfulness and compassion into climate action.

It aims to address the **emotional disconnection** that drives environmental degradation, fostering resilience and responsiveness in climate professionals.





Dr. Shiona McIntosh
Brookside Wellness Centre



Stephane Pressault
Green Municipal Fund



Danielle Smith
Conservation Council of
New Brunswick

Our Objectives for Today

Understanding Eco-Anxiety

Explore how the **climate crisis** impacts our **bodies** and **emotions**, uncovering patterns of stress and eco-anxiety.

Mindfulness for Resilience

Develop practical techniques to enhance **personal well-being** and navigate **climate challenges** with **clarity** and **balance**.

On the Menu

15 minutes	Welcome	
15 minutes	Somatic Exploration	Danielle Smith
20 minutes	Mindfulness Exercise	Dr. Shiona McIntosh
15 minutes	Sharing Circles	Stephane Pressault
10 minutes	Closing Reflections	

Somatic Exploration

Our bodies are deeply connected to our experiences. In this exercise, we'll explore **where and how we carry the climate crisis within us.**

- Jon Kabat-Zinn



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How are you carrying the climate crisis? Share a few words about your somatic exploration.

**Comment avez-vous ressenti la crise climatique ?
Racontez en quelques mots votre exploration
somatique.**

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Mindfulness Exercise

The awareness that arises through paying attention on **purpose**, non-judgmentally in the service of **self-understanding** and **wisdom**.

This is the great work of mindfulness—being in touch with what is happening in the moment, in our bodies, our minds and our emotions—and using whatever shows up as the starting point for whatever comes next.



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Sharing Circles

Now that we've connected with a sense of grounding through mindfulness, we'll reflect on the **meaningful places** in our lives that bring us this feeling.

These could be natural places, spaces from your past, or even an imagined setting. The goal is to reflect on how these places **support us emotionally, physically and spiritually.**



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Learn more

Building on the learning today, here is a resource for you

[Read more about Climate Mindfulness](#)



All slide decks, worksheets and links are available to participants at bit.ly/scc-learning

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