Climate-Anxious Creative Care Kit

This care kit is for artists, musicians, writers, designers, and creatives of all kinds who are feeling overwhelmed by the climate crisis. You are not alone—and your creativity matters now more than ever. Use this space to reconnect with your purpose, process your feelings, and find grounded, meaningful ways to act.

🌿 Affirmations

Repeat these when you're feeling anxious, stuck, or doubtful:

- My creativity is a force for resilience and connection.
- I do not have to do everything. I only have to do my part.
- Rest and joy are forms of resistance.
- It is okay to grieve and still keep going.
- Even small ripples can cause big waves.

📝 Journal Prompts

- What parts of the natural world do I love most, and why?
- How has climate anxiety shown up in my body and creativity lately?
- What does 'action' look like for me right now? (Big or small)
- In what ways can my art be an offering of care or change?
- Who are three people I can talk to about my climate feelings?

🌱 Gentle Sustainable Actions

- Switch to eco-friendly shipping or packaging for your creative business.
- Host or attend a climate-focused art event or open mic.
- Collaborate with a local mutual aid group or climate org.
- Repurpose materials for your next project.
- Incorporate a climate theme into your next creative work.
- Make a playlist, zine, or visual piece that helps people feel less alone.

Remember: You don’t need to do it all. You just need to stay connected—to yourself, your art, and your community.

You are not alone. You are not powerless. And you are not too late.