

SIMPLE SUSTAINABILITY TRICKS!!

HERE ARE SOME EASY WAYS TO LIVE
SUSTAINABLY WITHOUT
OVERWHELMING YOURSELF

Online Shopping:

Before defaulting to commercial
stores, try looking at
secondhand websites like

Depop or **Poshmark**

Energy Usage:

Add small changes to your living
habits like **unplugging** outlets not in
use, **turning off** lights when leaving
the room, keeping a **recycling bag**
in the kitchen, etc.

Join a Community:

Try attending an **environmental
club/organization** on campus!
Collaboration with others helps
you find the best sustainable
lifestyle for you and your peers

WHO WE ARE

Carna is a nonprofit
organization that
strives to provide
accessible information
about mental health
and wellness



More information on
carnamentalwellness.org
Insta: @carnamentalwellness

Funded By: Wolverine Wellness

CLIMATE GUILT



EXPLAINING HOW PERSONAL AND
SOCIETAL EXPECTATIONS OF
PROTECTING THE ENVIRONMENT
CAN RESULT IN GUILT.

INCLUDES STRATEGIES FOR
PROCESSING CLIMATE GUILT AND
LIVING SUSTAINABLY WITHOUT
BURNING OUT



Website

www.carnamentalwellness.org



CLIMATE GUILT EXPLAINED



Climate guilt refers to an emotional reaction caused by **feeling ashamed** of how **your lifestyle** impacts the environment

Examples include:

- Degrading yourself upon purchasing plastic based products like disposable water bottles, utensils, resealable bags, etc.



- The guilt that arises from not being able to live sustainably due to economic hindrances or lack of accessibility



- Feeling like a fraud for identifying as an environmental activist because you feel you're not doing enough



THE FACTS AND THE IMPACTS

Climate guilt tends to impact people in one of two ways:



1. It causes a person to carry an environmental responsibility **for themselves and for those around them**
2. It leads to an existential phenomenon where people feel as though their actions are **meaningless or have no impact** on society as a whole



Additionally, researchers found that people under 30 are **1.5 times** more likely to experience climate guilt.

Interestingly, **social media** can **increase** climate guilt through content that **exploits insecurities** and **guilt-trips** viewers.

SO HOW DO WE MANAGE CLIMATE GUILT?



First and foremost, **give yourself grace**. It is completely normal to feel guilty, the climate crisis is a **collective responsibility** that we will solve together!

Talk through your feelings. Oftentimes we process guilt by sharing it with someone we trust, especially when our thoughts become overwhelming.



Assess why you are feeling climate guilt. Sometimes the guilt we feel can be rooted in small actions we make. By addressing those small actions, we minimize the guilt we feel while adjusting our lifestyles in effective ways.

