



Bee Well

COPING WITH ECO-DISTRESS



Maintaining resilience &
wellbeing in the era of
climate change

Workbook

The Bee Well Program

Theme	Activity description	Purpose
Session 1 - Finding common ground	<ul style="list-style-type: none"> • Introductions 	Building emotional awareness, recognising shared experiences.
	<ul style="list-style-type: none"> • Activity 1: Exploring eco-emotions 	
	<ul style="list-style-type: none"> • Activity 2: Exploring mixed feelings (pt1) 	
Morning break		
Session 2 - Taking action together	<ul style="list-style-type: none"> • Activity 3: making 'flow hives' together in group 	Nature restoration
Lunch break		
Session 3 -Coping and cultivating resilience	<ul style="list-style-type: none"> • Activity 4: mixed feelings about climate change part 2 	Build adaptive coping skills
	<ul style="list-style-type: none"> • Activity 5: 10-minute mindfulness nature meditation/journaling 	
Afternoon break		
Session 4 -Taking action together and cultivating resilience	<ul style="list-style-type: none"> • Continue activity: making 'flow hives' together in group and move into painting if time permits • Activity 6: Group self-care activities brainstorm – what helps when feeling stressed/overwhelmed/low 	Build sense of community and self-efficacy, building resilience
Session 5: Closing	<ul style="list-style-type: none"> • Naming the beehive and discuss where they will be located • Activity 7: Reflect on learnings or experiences from the day 	Reflection, group process

Cosh, S., Ryan, R., Bartik, W., Jefferys, A., Tully, P. & Lykins, A. (2023). *The Bee Well Program Workbook*. School of Psychology, University of New England

Contact the project team: scosh@une.edu.au, alykins@une.edu.au

This program was developed with funding from the Peregrine Centre

Session 1

It can be good to understand our own feelings about climate change and the environment, some questions you may wish to consider include:

Grief and Loss Questions:

- What makes you angry [or frustrated, or enraged] about the world?
- What makes you scared about the future?
- What is something that you are afraid of losing?
- What's hard about talking about climate grief?
- What is one way you can be hard on yourself?
- How do you feel about your relationship with nature?

Healing and Coping Questions:

- What do you love about the world?
- What gives you hope for the future?
- What is one way you cope well with your feelings about climate?
- What is something you would like to let go of?
- What are some supports in your life?
- What is a way that you take care of yourself?
- How do you connect with nature?

Activity 2: Mixed Feelings Worksheet (part 1)

- We often have complex feelings in relation to climate change. It's not uncommon that we have more than 1 feeling about a certain situation, especially when it comes to things like climate change. Sometimes it can feel like a tug-of-war with one feeling pulling us one way, and another feeling pulling us the opposite way. Different feelings and desires can exist at the same time. It's helpful to recognise these different and mixed feelings

Mixed Feelings



We often have complex feelings in relation to climate change. It's not uncommon that we have more than 1 feeling about a certain situation, especially when it comes to things like climate change. Sometimes different feelings and desires can exist at the same time. It's helpful to recognise these different feelings

I want/need....

I want to go to soccer practice/I want to get my Ps

but I also want/need....

but I also want to avoid driving too much because cars emit carbon

Understanding my Mixed Feelings

1. I need/want to

but I also need/want to

2. I need/want to

but I also need/want to

3. I need/want to

but I also need/want to

4. I need/want to

but I also need/want to

5. I need/want to

but I also need/want

Session 2

- Nature restoration can help us to feel more empowered to help with nature, can help us to feel that we are part of supporting nature, can help show that we care about nature, and can help us to feel more connected with nature
- When we connect with nature, we tend to feel better – it can improve our mood, as well as give us more space to think and reflect

Activity 3: Making Flow Hives together



Session 3

- Sometimes it can feel hard to know how to cope with feelings around climate change and we can feel pretty powerless. Doing actions that are in line with our values around nature can be one way that we can start to feel better about climate change
- Sometimes we need to review goals in light of current circumstances – so this might mean changing exactly what the end goal is to fit within our lives. This might mean reducing our carbon footprint, but understanding that we can't remove it entirely and we can't solve what everyone else is doing
- We also might need to reorder priorities based on our values and know that we can't do everything we might want to improve climate change, but pick a few key things to focus on. We can use our values to help guide what those might be.

Activity 4: Mixed feelings part 2 - Solutions

Mixed Feelings



We often have complex feelings in relation to climate change. It's not uncommon that we have more than 1 feeling about a certain situation, especially when it comes to things like climate change. Sometimes different feelings and desires can exist at the same time. It's helpful to recognise these different feelings

I want/need....

I want to go to soccer practice/I want to get my Ps

but I also want/need....

but I also want to avoid driving too much because cars emit carbon

Solutions

1.

2.

3.

4.

5.

How do you feel when you know you're taking action to offset your carbon foot print?"

Activity 5: Nature journaling

- Being in nature, has been shown to be beneficial for improving mood, reducing distress, and allowing space for reflection. Even just looking at images of nice nature scenes can help us to feel better, although being in real nature is even better

Nature Journaling

- Find a comfortable position to sit where you can be looking at nature
- Take a moment to pause as you notice sensations you are experiencing in this place
 - o What are the sounds, smells, sights, what can your body feel (e.g., a gentle breeze)?
- Bring to mind what most delights you about this place in nature
- Now begin to journal about what you are feeling, thinking and experiencing about being in this place in nature

Nature Journaling

Where I am

What I can see

What I am noticing

What delights me

Nature Journaling

A large, empty, rounded rectangular box with a black outline and a light green shadow, intended for nature journaling. The box is positioned below the title and occupies most of the page.

Session 4

Activity 6: Self-care/coping brainstorm

There are many different areas of our life where we need to make sure that we are taking care of ourselves, some of these areas are:

1. Supporting wellbeing
2. Supporting healthy self-image and defending against negative inner judgement
3. Allowing for pleasure and enjoyment (e.g., relational, sensory, intellectual, creative)
4. Supporting healthy sleep and rest
5. Asking for help

- Which of these areas do you struggle with?

- What are some difficulties that you have with looking after yourself?

After the group brainstorm of ways of addressing these challenges, what are the three things that you want to remember?

1. _____
2. _____
3. _____

REFLECTIONS

#1

#2

#3

#4

#5

Thank you

for being a part of the
Bee Well workshop.



Coping with environmental change and natural disasters is challenging. We hope that you found the workshop helpful in learning how to navigate eco-distress.

If you feel like you might like some further support, here are some options:

Avenues for professional support:

- UNE Psychology Clinic
- headspace
- Beyond Blue
- Lifeline
- Kidsline

