

Exercise 8: Dealing with Emotional Responses to Climate Change

Important caution: We are suggesting you do the following exercise with your chosen (or assigned) partner(s). However, due to the corona virus pandemic, we ask you to *do this exercise virtually*, i.e., to talk by phone, Skype, or any other social media app you feel comfortable with. If you cannot use any of the virtual options and are meeting in person, please adhere to all local guidelines on social distancing during the COVID crisis: maintain at least a 1.5 m distance to your partner(s) and other people. Behavioural guidelines during the pandemic are updated frequently and you can see the latest at the [WHO website](#) and, particularly, the [Seychelles Department of Health](#) guidelines.

Purpose of Exercise

The purpose of this exercise is for you to:

- *Become conscious of how emotions play into and show up in climate change communication.*
- *Practice dealing with emotions as effectively as possible, i.e., make use of positive emotion to increase motivation for action, to make space for emotions, and constructively address emotions that could – if left unattended – become a hindrance to effective engagement.*

Needed Supplies

- Pen and paper or Notebook/journal

Time Requirement

20-30 minutes

Instructions

- **Brainstorm alone**
 - Think of 2-3 real-life situations where you have encountered emotional responses
 - Who was it? (keep confidentiality!)
 - What was their response?
 - How did you handle it then?
 - How could you handle it better now?
- **Discuss with your training partner**
 - Share 1 or 2 examples and your best response:
 - Compassion, encouragement, motivation, support, involvement in action
 - Help each other make it better
 - Authentic, convincing, expanding your repertoire
- **Reflect**
 - What did you discover that works?
 - What is your biggest challenge?
 - What other ideas do you have to help out?

Note: This is an incredible opportunity! Very rarely do we get to work with others to help us shape and refine our communication. Think of yourselves as supportive coaches who are here to help the other person succeed. (And maybe you like and benefit so much from it that you might want to make that a new habit!? Ask for help. Offer your help. You both win!