

HOOS Feeling Anxious?

Self Care Tips

- Spend time in nature
- Limit online climate media consumption
- Get involved in local sustainability efforts
- Speak out about struggles - you're not alone!



Scan for Details

Regaining Hope: Student Picks

- All We Can Save: Truth, Courage, and Solutions for the Climate Crisis, by Ayana Elizabeth Johnson and Katharine K. Wilkinson
- The Story of More, by Hope Jahren
- Food is the Solution: What to Eat to Save the World, by Matthew Prescott
- Braiding Sweetgrass, by Robin Wall Kimmerer
- Kiss the Ground, movie
- For the Wild podcast, hosted by Ayana Young
- Outrage + Optimism podcast

More Resources



TED Talk: Why You Should
be a Climate Activist



TED Talk: Hope as a Tool for
Climate Action



Newsletter: Talking Climate
with Katharine Hayhoe



Climate Mental Health
Network

**“Look deep into nature, and then you will understand
everything better.” —Albert Einstein**

@sustainableuva

Resource Fair Participants

From Fear to Action: Thriving in a Changing Climate

UVA Learning Opportunities

- **Office for Sustainability:** supports university-wide efforts to achieve our ten bold sustainability goals
- **Morven Sustainability Lab:** a sustainability lab and living classroom for faculty, students, and community to address the environmental crisis
- **Department of Environmental Sciences:** works to advance understanding of the environment and provide information for policymaking, environmental justice, and management
- **School of Architecture:** aspires to drive positive change in the architecture and planning sphere by educating the next generation of students
- **Decarbonization Corps Program:** works to increase the pace of decarbonization through research projects between faculty and students
- **Public Service Pathways Program:** serves as a catalyst for students' commitment to public service

UVA Student Groups

- **UVA Sawmilling:** aims to upcycle chipped log material and provide high quality lumber for use
- **UVA Nitrogen Working Group:** calculates UVA's nitrogen footprint and creates ways to reduce it
- **Outdoor Adventure:** offers rental equipment, instructional programs, adventure trips to foster a community of outdoor enthusiasts
- **Forest Patch Planting Initiative:** works to connect the currently fragmented forest areas on Grounds
- **Mind & Body at UVA:** offers free events, yoga, hiking, meditation, and retreats to create a community prioritizing healthy living, connection, and self-exploration

UVA Student Support

- **Contemplative Sciences Center:** combines contemplation, connection, and research to enhance flourishing
- **UVA Career Center:** provides support for students as they pursue academic and career goals
- **UVA Counseling & Psychological Services (CAPS):** the primary student mental health clinic on Grounds
- **Maxine Platzer Lynn's Women's Center:** fosters the respect and safety of women by working towards gender justice on Grounds and beyond
- **Public Service Pathways Program:** serves as a catalyst for UVA students' commitment to public service
- **Student Health:** helps students take care of their health through medical and mental health services
- **National Alliance on Mental Illness:** grassroots mental health organization that works to reduce the stigmas that prevent students from asking for help

Career Opportunities

- **Peace Corps:** an organization that promotes world peace and friendship by creating understanding
- **Madison House:** an independent volunteer center for UVA students
- **Green Fin Studio:** a creative marketing and communication firm that bridges the gap between science and broader understanding
- **Appalachian Voices:** a nonprofit leading the shift from fossil fuels to clean energy and just transition
- **Generation180:** a nonprofit working to inspire, empower, and equip people to take action on clean energy
- **Resilient VA:** a nonprofit working to foster resilience to climate challenges in Virginia communities
- **Community Climate Collaborative (C3):** empowers local climate action through programs and collaboration
- **Living Energy Farm:** a farm and community education center that serves as an example of sustainable living
- **Environmental Institute:** supports interdisciplinary research and training at the intersection of climate change and human well-being