
A photograph of a person walking through a lush green forest. In the foreground, a large, leafy tree stands on the left, and a person is walking away from the camera towards the right. The background shows a dense forest of green trees under a cloudy sky. The overall tone is natural and serene.

How you can help your
environment and yourself

reframing eco anxiety

by the London Wildlife Trust
Youth Board



For many young people, the joint climate and biodiversity crises are taking a toll on our mental health and wellbeing. Issues can feel out of our hands or too big to tackle.

That's why we have created this guide to help turn your eco-anxiety into action.

But remember, if your eco-anxiety is stopping you from enjoying your daily life, it's important to reach out and speak to someone.

ECO-ANXIETY can be a source of inspiration for action





Looking after your wellbeing is always important and doing some simple activities can help alleviate feelings of eco-anxiety. You could try going on a walk, taking time to notice nature.





focus on

What can you see?
What can you hear?
What can you touch?
What can you smell?

your senses

A close-up photograph of a hand holding a small, light purple wildflower. A small bee is perched on the flower's center. The background is filled with tall, green grass and other wildflowers, creating a natural, outdoor setting. The text 'wellbeing wildflowers' is overlaid in the top right corner.

wellbeing wildflowers

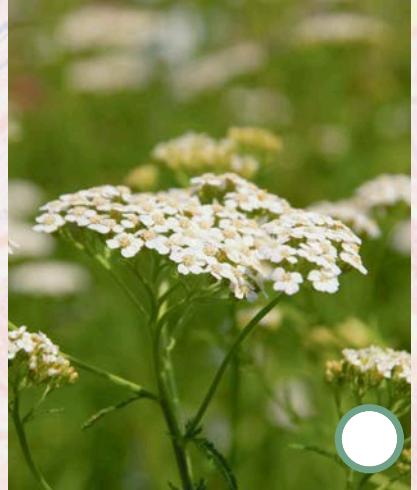
There are more than 1800 species of wildflower in the UK. They come in all shapes and sizes, why not get outside and see if you can spot any? Tick off the ones you find on your spotter sheet!

common species

common bird's-foot-trefoil



yarrow



oxeye daisy



herb-robert



forget-me-not

you can spot



In the big eighteenth century the style of fireplace affect was fashionable; in most of his simpler designs the fireplaces themselves were very plain, just a square slab surrounded by slips of very slight moulding. The constant use of the kneed architrave. His overmantels were rather heavy, resembling the monumental tablets of the time, for many of which he was responsible. As a rule there was no regular mantel-shelf, but sometimes the moulding projected enough to carry a few

Go on a walk in your local area
and see if you can find some of
these common trees.
Tick off the ones you find!

TREES OF London



English oak



Common lime



London plane



Horse chestnut



Silver birch



WILDLIFE AS **wildlife** SEES IT

FEEDS THE WORLD

feeds the
world



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Shinrin yoku or forest bathing is a Japanese practise of relaxation that anyone can practise.

Go to a green space or nature reserve like

Bramley Bank - Croydon

Denham Lock Wood - Hillingdon

Oak Hill Wood - Barnet

Sydenham Hill Wood - Sydenham

Take a deep breath, focus on your senses, take a break from your devices.

How does your environment make you feel? Spend as long as you can, sit or stand, observing your environment.

forest bathing

Here is a space to write or draw your
thoughts and feelings whilst outdoors



Answers
 1- peace
 2- shinrin yoku
 3- unplugged
 4- mindfulness
 5- sunshine
 6- yoga
 7- rain
 8- oak
 9 - walking
 10- tea
 11- retreat



Across

- 3 - Time spent away from screens and tech
- 4 - Practice of being present in the moment
- 7 - Natural sound that comes from clouds
- 9 - Fresh air activity often done on reserves
- 11 - A peaceful outdoor place for reflection

Down

- 1 - Feeling of calm
- 2 - Japanese practice of forest bathing
- 5 - Natural light that boosts your mood
- 6 - Rhythmic breathing and stretching practice
- 8 - Tree that symbolises wisdom and peace
- 10 - A herbal drink associated with relaxation

Fill up your Zine with drawings of nature or your favourite things



it's time to take



ACTION

Mental Arithmetic

When

those which are simple
er, and try themselves
ple arithmetical fact.
ooks, or on a piece of
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ought.

When they have all done so, tell them to write the same figures in the reverse order. They will then have two three-figure numbers, and you tell them to write the smaller under the greater, and subtract.

Then ask the first one whether there are two or three figures in the answer. If there are two, you say: 'Your answer is 99'. If there are three, what the answer will be. If he says 'Seven', you say: 'Your answer is 792'.

If there are two figures in the answer they will always be 99, while if there are three the middle one will be 9, and the two outside ones will add up to 9, so that if you are given the first you can arrive at the last. Here are some examples:

Kills

Parachute

THOSE WHO have never played this game have some fun in store. As there is a catch in it, the victims have to go out of the room and come in one at a time, so it is just as well to limit the number.



943	754	887	622
349	457	788	226
594	297	99	396

Big or small, all of your actions matter!
Litter picking is a great way to make a
positive impact on your local area and
community, while being a fun and easy
way to exercise.

head out on a litter pick





essentials to bring



A pair of thick gloves to protect your hands from sharp objects

Strong rubbish bags

A friend if you want!

A hi-vis jacket (if working near roads)

A bin bag holder hoop (optional)

Litter picker (optional)

Make sure to dispose of the rubbish in your household waste bin or a public bin once you've finished



positive environmental impacts ...

Protects wildlife from being entangled or ingesting anything harmful

Protects ecosystems from damage

Some litter can be recycled and doesn't have to go to the landfill

and if you want to take this further ...

Join a litter picking group! It can improve your physical and mental wellbeing, as well create a sense of community



A decorative header featuring several hanging wildflowers with purple and yellow blossoms and green foliage. A black and white illustration of a butterfly is positioned on the left side of the header.

Seed balls

Sowing wildflowers in your garden can help provide valuable resources for insects and other wildlife. Why not make a seed ball and see what creatures you can attract into your garden?



What is a seed ball?

Seed balls are balls of clay, soil and wildflower seeds, which can be thrown at bare parts of the garden.

A single, round, brown seed ball, which is a mixture of clay, soil, and wildflower seeds, shown against a black background.

Benefits of seed balls

- Introduce native plants into the landscape
- Attract insects like butterflies into your garden
- Low maintenance and fun way to sow wildflowers
- Easy to make



how to make seed balls

What you need:

- Meadow flower seed mix (found in garden centres)
- Peat-free compost
- Water
- Powdered clay (found in craft shops)
- Mixing bowl

Instructions:

Step 1: In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder (you could use clay soil instead if you have it)

Steps 2: Slowly mix in water with your hands until everything sticks together

Step 3: Roll the mixture into firm balls

Step 4: Leave the balls to dry in a sunny spot

Step 5: Now for the fun bit! Plant your seed balls by throwing them at bare parts of the garden or a large plant pot and wait to see what pops up!

names can be so very boring.) A good idea

DEFENDING

the plank should project beyond the books, so that the men can get a grip on it.

When the first victim comes in he is told to stand in the middle of the plank, and place his hands on the shoulders of the pilot and navigator – who are bending down and holding the ends of the wood. He is blindfolded, and told to stand by for the take-off. With such whirring and zooming sounds as the onlookers can produce, the ascent begins. Only it isn't an ascent. The two airmen simply take the weight of the passenger by lifting the plank a inch or so off the books, and then very slowly let their shoulders sink down instead of the passenger going up. He will be very unsteady, and get all the sensations of being lifted high into the air – especially when the others start warning him to 'Mind the ceiling!'

When the two supporters have got down as low as they can, the organizer of the party says, 'Now jump!' The passenger will be very loath to do so, but will receive assurances that there is someone standing by to catch him, and that he cannot possibly hurt himself. At length he braces himself for the high jump – and, of course, descends inches only. Then it is his turn to laugh at the next victim.

OUR PLANET

form a circle of chairs, and sit the girls on them, leaving one



volunteering

Joining a conservation group or joining volunteer days is a great way to use your time for nature — you get to be outside, meet new people and do good for the environment.

Join a conservation volunteer day!

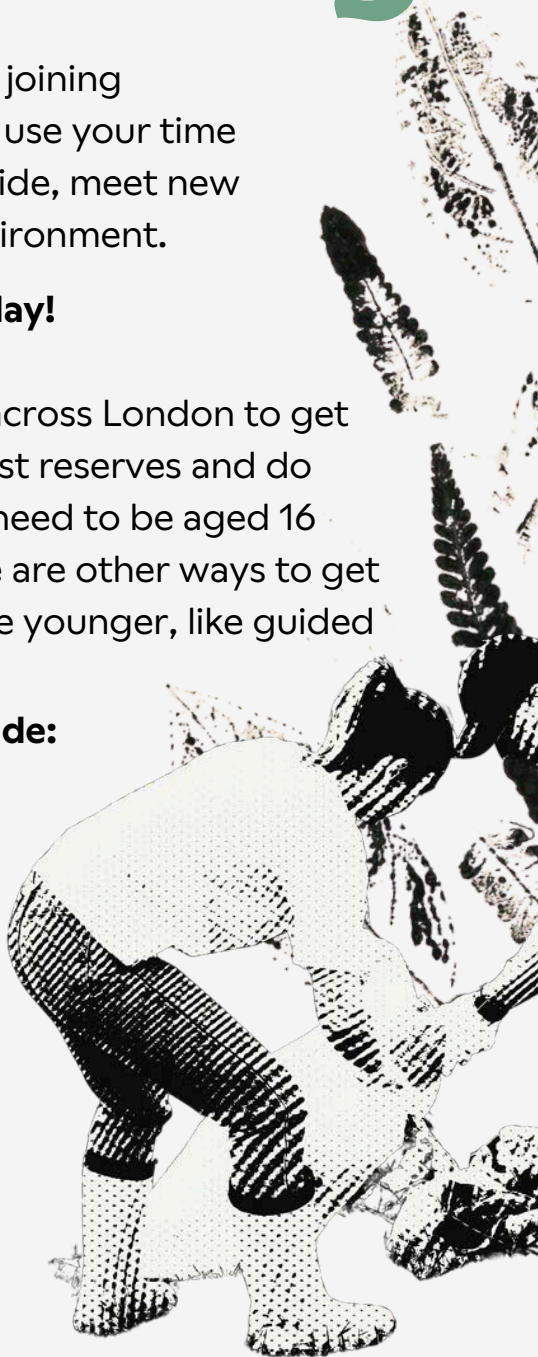
There are lots of opportunities across London to get involved on London Wildlife Trust reserves and do work that benefits nature. You need to be aged 16 and over to volunteer, but there are other ways to get involved with the Trust if you are younger, like guided walks and activity days.

Volunteer activities might include:

- Scrub clearance
- Fence repairs
- Litter picking
- Practical conservation
- Visitor surveying



Scan the
QR code for
more details





A photograph of a green mesh fence in the foreground, with numerous bright pink flowers and green leaves visible behind it. The background shows more foliage and a clear sky. The text 'the importance of advocacy' is overlaid in white, bold, sans-serif font.

the importance of advocacy

Contacting your local MP is a good way to make sure they are working for nature and the causes you care about.

Send an email to your local MP

You can find out who your local MP is and how they vote here wildlondon.org.uk/actions/contact-your-mp

Once you have found their email address, you can send them an email stating how important nature is to you and where you live. Try and be specific and if possible ask for particular things you would like changed. Their inbox will be busy, so making your message personalised often makes them more likely to respond. If they don't respond for a while, contact them again — your voice deserves to be heard!

voting with nature in mind

Check the dates for elections make sure
your voice is heard:

London Assembly
Mayor of London
Local Council
General Election
School Council
Youth Parliament



Wilderness Island, Sutton. Literally a
island surrounded by branches of the
Wandle, the large site is likely to be
the latest LWT site for the newly
activated borough group launched at
packed meeting on September 11th.

n. One of
the latest LWT sites
activated borough group
activated meeting on
work is needed to restore the site because of
40 years of hawthorn invasion.

A photograph of purple flowers in the foreground, with a city skyline visible in the background. The text "VOTE AND SIGN PETITIONS" is overlaid in white, bold, sans-serif font at the top.

VOTE AND SIGN
PETITIONS

**YOUR VOICE
MATTERS**

Joint Board Meeting 2

3/10/23



If you want to dedicate more of your time to advocating for nature, join a campaigning group. Working with others is a fun and social way to make positive change for the environment!

Research a campaigning group you would like to be a part of in London and join a session.

There are a whole range that cover different local issues, or larger ones that work on national issues.

Ask yourself: what would I like to change and how would I like to do it?





Connecting with others can make you feel like you are part of a community.

Feel free to share how nature helps you - tag us in any pictures, videos or artwork!

Pick up your free copy at our Hub Nature Reserves.

You can also create your own groups to connect with like-minded young people!

Scan the QR code below to sign up for our newsletter.





**London
Wildlife
Trust**

in partnership with the Mayor of London