



# MINDSET SHIFTING TECHNIQUES

## METHODS TO ADAPT OUR PERSPECTIVES TO BETTER ADDRESS CLIMATE CHANGE AND DISASTER

**Short term stress management techniques can be helpful:** get good rest, eat nutritious foods, practice breathing deeply and slowly, and take time out of the day to relax and take your mind off things.

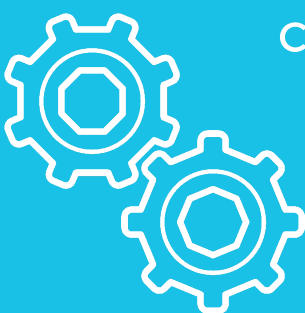
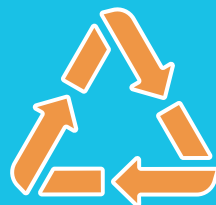


## LONGER-TERM STRESS MANAGEMENT

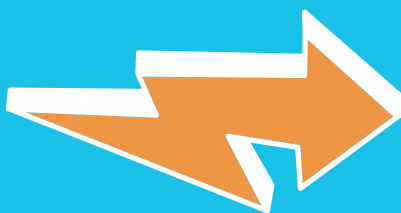
Due to the nature of climate change and disaster as long-term, high-stress situations, deeper and longer-term management techniques may be necessary.



Take Action



Change The Way You Think



Find Community



Allow Emotion



Reflect & Learn



Stress management works differently for everyone - figure out what works for you!

For more tips, visit  
[www.GloballyHeated.com](http://www.GloballyHeated.com)