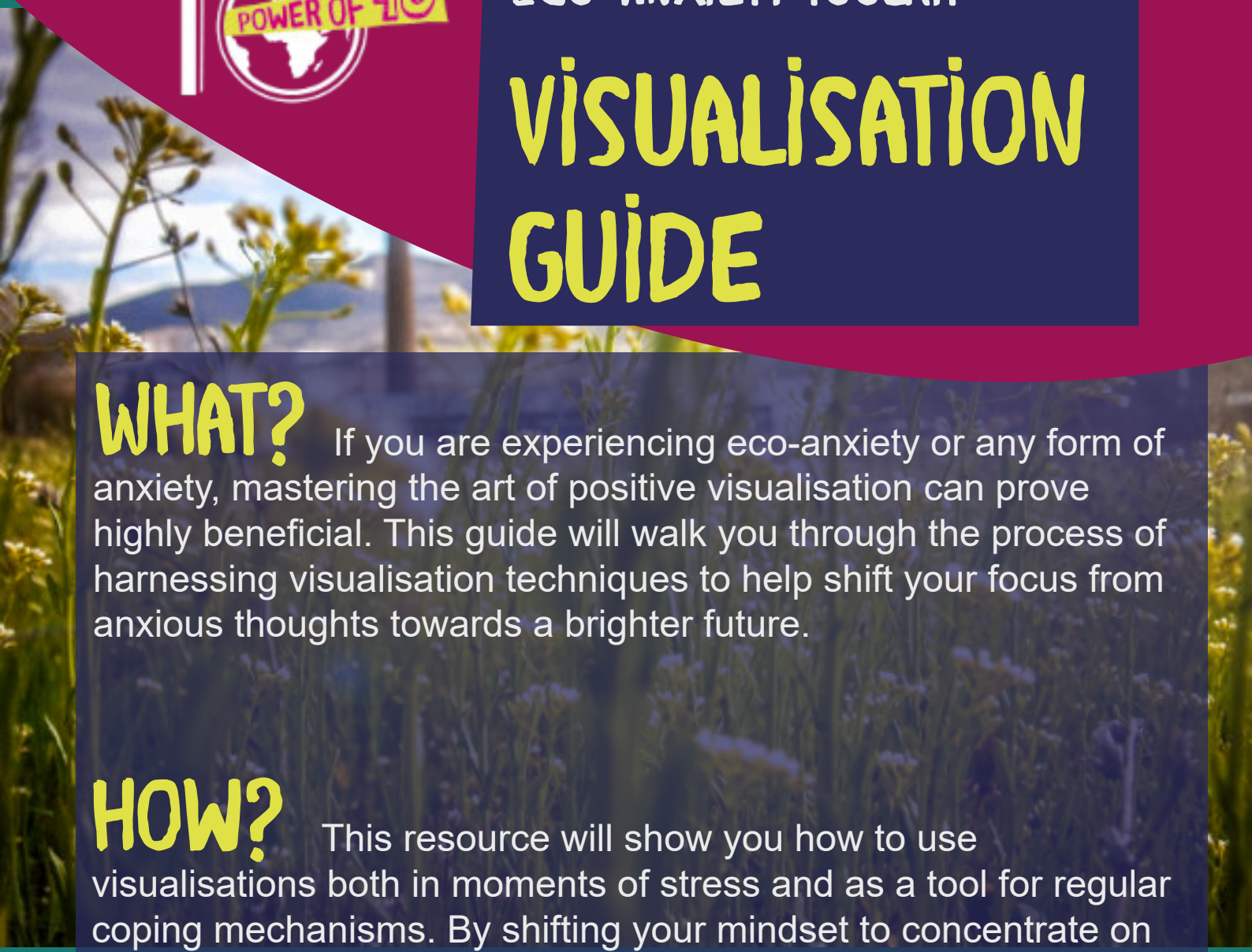
ANOTHER WAY

POWER OF 10

ECO-ANXIETY TOOLKIT

VISUALISATION GUIDE



WHAT?

If you are experiencing eco-anxiety or any form of anxiety, mastering the art of positive visualisation can prove highly beneficial. This guide will walk you through the process of harnessing visualisation techniques to help shift your focus from anxious thoughts towards a brighter future.

HOW?

This resource will show you how to use visualisations both in moments of stress and as a tool for regular coping mechanisms. By shifting your mindset to concentrate on opportunities rather than bleak scenarios, we can train our minds to focus on the possibilities of a more environmentally sustainable world.

WHY?

- EMOTIONAL REGULATION
- EMPOWERMENT TO MAKE CHANGES
- STRESS REDUCTION
- GOAL SETTING FOR YOUR OWN LIFE

ANOTHER WAY

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INTRODUCTION

VISUALISATION

VISUALISATION AND THE FUTURE

Visualisations can serve as a means of emotional regulation. By imagining a peaceful and sustainable future, you can reduce feelings of anxiety and distress. Visualisation techniques involve focusing on positive and calming images, which can help counterbalance the negative emotions associated with eco-anxiety.

GOAL SETTING

Visualisation can help you to set eco-friendly goals and work towards them. By visualising a sustainable future and your role in it, you can clarify your values and priorities, helping to alleviate feelings of helplessness associated with eco-anxiety.

STRESS REDUCTION

These techniques also help to reduce stress and promote relaxation. By taking a mental break and focusing on a peaceful environmental scene, you can temporarily escape any overwhelming feelings caused by external concerns.

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HOW TO VISUALISE INDEPENDENTLY

The setting you choose is important as it has to resonate with you. Take your time and try out a few. Examples of popular settings are: waterfalls, mountains, beaches, forests

1. Begin by finding a quiet and comfortable place to sit or lie down. Close your eyes, take a deep breath in and exhale slowly.

2. Let go of any tension in your body as you exhale.

3. Choose your setting.

4. Picture all aspects of the setting. The colours of the trees, the wildlife. What is in the distance? What is close up?

5. Engage your senses. What can you smell? What can you hear? What can you feel? Can you taste anything in the air?

6. Focus on your breathing. Breathe in the atmosphere, let yourself be immersed in the scenery and let the calmness resonate throughout your body.

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GUIDED VISUALISATION

This guided visualisation can help you relax, reduce stress and create a sense of inner peace. You can modify it to suit your preferences and include specific details or imagery that resonates with you personally.

Imagine yourself standing on a beautiful, deserted beach. Feel the warm sand beneath your toes, soft and inviting. The sun is setting on the horizon, casting a warm and gentle glow over everything.

Take a moment to listen to the soothing sound of the waves as they wash up on the shore, creating a rhythmic and calming melody. With each wave, imagine it carrying away any stress or worries that you may have.

As you walk along the beach, feel a gentle breeze against your skin. It's the perfect temperature – not too hot, not too cold. The breeze carries with it the scent of the ocean, and it fills you with a sense of tranquility.

You come across a comfortable beach chair, and you decide to sit down and fully immerse yourself in this serene moment. You can feel the warmth of the sand beneath you through your toes.

Now, focus on your breathing. Take a deep breath in through your nose, feeling the clean, salty air filling your lungs. Hold it for a moment, and then exhale slowly through your mouth, releasing any remaining tension. Each breath in brings in relaxation, and each breath out lets go of stress.

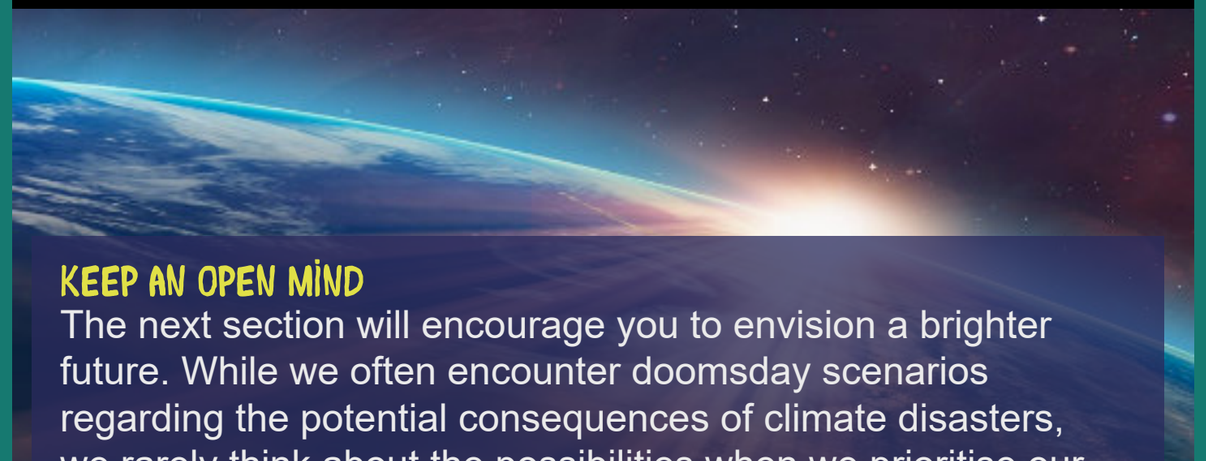
As you continue to breathe deeply, you notice the colours of the sunset becoming even more vibrant – shades of orange, pink, and purple painting the sky. It's a breathtaking sight and you feel a deep sense of peace and awe.

Take a few moments to simply be present in this beautiful place, allowing yourself to fully unwind and let go of any worries or distractions.

When you're ready to return to your day, know that you can come back to this beach anytime you need a moment of relaxation and rejuvenation. Slowly bring your awareness back to your physical surroundings, and when you're ready, gently open your eyes.

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VISUALISING A BETTER FUTURE



KEEP AN OPEN MIND

The next section will encourage you to envision a brighter future. While we often encounter doomsday scenarios regarding the potential consequences of climate disasters, we rarely think about the possibilities when we prioritise our planet.

As you engage with this activity, keep your mind open, free from limitations. Technological advancements and evolving societal priorities are already underway, with the promise of a fairer future for all living creatures.

YOU CAN BE THE CHANGE

You can be a part of the solution, and by simply imagining it, you can see yourself as a proactive and integral contributor to this improved world.

So, let your thoughts wander through the realm of possibilities, and utilise this guide to liberate yourself from negative thinking.

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VISUALISING A BETTER FUTURE

OUR WORLD IN 2050



VISUALISING A BETTER FUTURE

GREEN CITIES

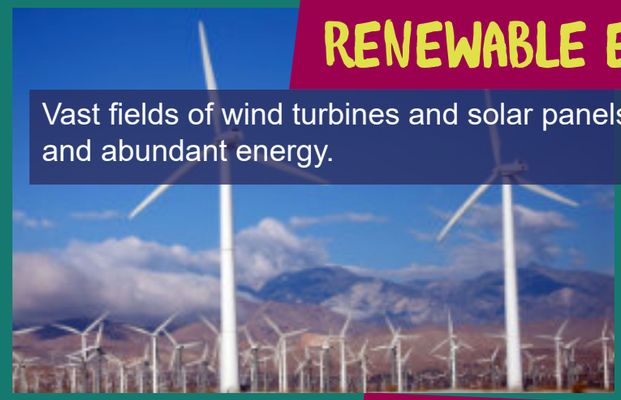
Cities are designed with sustainability in mind. Green rooftops and vertical gardens are common sights, improving air quality and reducing the urban heat. island effect.





RENEWABLE ENERGIES

Vast fields of wind turbines and solar panels cover the landscape, providing clean and abundant energy.

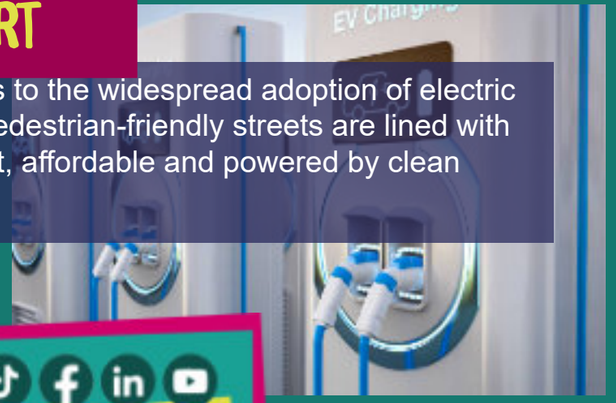




TRANSPORT

The skies are clear and the air is fresh, thanks to the widespread adoption of electric vehicles and public transportation systems. Pedestrian-friendly streets are lined with bike lanes and public transportation is efficient, affordable and powered by clean energy.





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VISUALISING A BETTER FUTURE

WILDLIFE

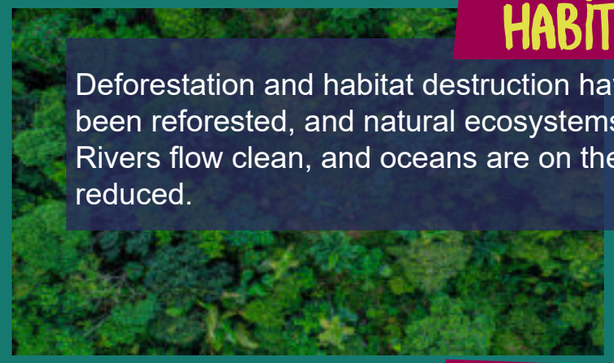
Protected natural areas have expanded, and conservation efforts are thriving. Reintroduced species roam freely in revitalised ecosystems. Humans coexist with wildlife, and biodiversity is celebrated as a vital part of the planet's health. Pollinator-friendly landscapes are prioritised, ensuring healthy ecosystems.





HABITATS

Deforestation and habitat destruction have been reversed. Once barren areas have been reforested, and natural ecosystems have been restored to their former glory. Rivers flow clean, and oceans are on the path to recovery, with plastic pollution greatly reduced.

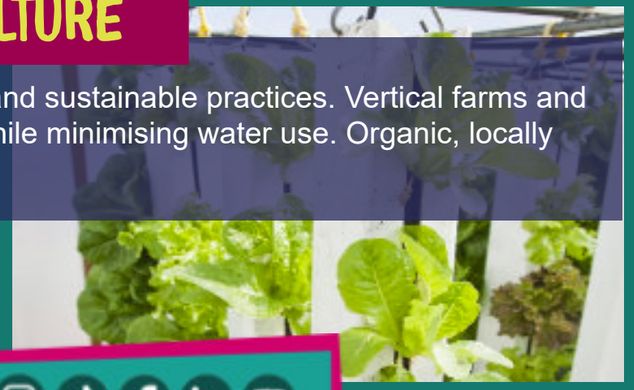




AGRICULTURE

Agriculture has shifted to regenerative and sustainable practices. Vertical farms and hydroponic systems maximise space while minimising water use. Organic, locally sourced produce is readily available.





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VISUALISING A BETTER FUTURE

IT'S YOUR TURN...

AREAS TO CONSIDER







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VISUALISING A BETTER FUTURE

IT'S YOUR TURN... VISUALISE

Use this page to visualise your better future. Choose what best reflects your idea of a better future by using the categories on the previous page, plus the earlier explanations and your own personal contributions. Ideas for ways of externalising include but are not limited to, drawings, poems, written stories, visual stories and scrapbooking.

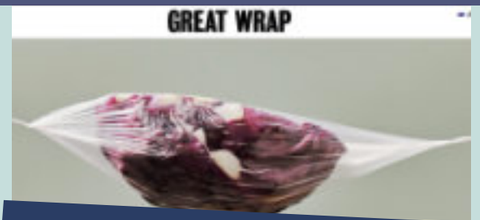
VISUALISING A BETTER FUTURE

AMAZING INNOVATIONS

all over the world people devising inventive solutions to help solve the big challenges we face in our modern world. Explore and discover uplifting narratives, and you'll be astonished by what you uncover. This alone can instil a sense of optimism about the potential for a more environmentally-friendly world in the future. Here are just a few to start with.



DISCARDED COCONUT HUSKS TURNED INTO COOLER BOXES BY USING THEIR NATURAL COOLING ABILITIES
https://www.fortunacools.com/



FOOD WASTE TURNED INTO FOOD WRAP (CLING FILM)
https://greatwrap.com.au/



A BARRIER MADE OF BUBBLES TO COLLECT PLASTIC IN WATERWAYS
https://thegreatbubblebarrier.com/

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VISUALISING A BETTER FUTURE

IT'S YOUR TURN...

RESEARCH PROGRESS



Seek support from mental health professionals or support groups if eco-anxiety is severely impacting your well-being.

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