



Sustainable Development Goals Working Group

INTERLINKED

Finding links between Sustainable Development Goals

CLIMATE ACTION & GOOD HEALTH AND WELL-BEING

13 CLIMATE ACTION



Take urgent action to combat climate change and its impacts

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

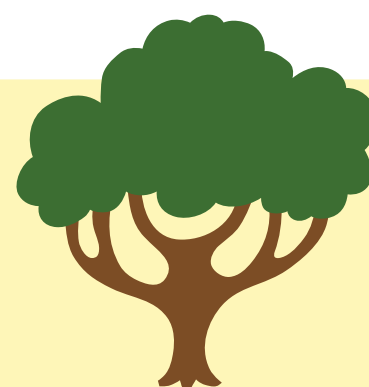
This Fact Sheet is part of the series INTERLINKED designed by the Sustainable Development Goals working group of Generation Climate Europe. The objective of this campaign is to raise awareness of the interlinkages existing between climate action and other SDGs.

“ You need to take care of yourself to take care of the climate. ”

5 Steps for Coping with Climate Anxiety

1

Give yourself some rest: disconnect from the world



2

Connect with climate groups



Don't pressure yourself - you alone can't solve all environmental issues

3

Stay active and be mindful: enjoy a walk, or practice yoga



4

Make a change, get active and contribute to the solutions

5



If you need further help and advice, please seek professional support