

Reflections on Climate Grief

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As I sat down to write this reflection, I gathered my thoughts by reading some of my own personal notes I had taken. “We are a part of a bigger problem, and solution” “Our small consistent actions all contribute to the bigger solution.” “The media is pessimistic in our climate change news”. (Obviously these were refined, my real meeting notes had an embarrassing amount of typos).

At eighteen years old, I often find myself and my peers grappling with the weight of the world's problems, especially when it comes to the environment. Tamarack’s Climate Grief program aimed to address the intersection of climate change and youth and tackle our feelings of grief towards the matter.

One of the most striking aspects of the program was the discussion surrounding climate grief. It's a term I hadn't encountered before, but as soon as it was explained, it resonated deeply with me. Climate grief refers to “the sense of loss that arises from experiencing or learning about environmental destruction or climate change.” ([Vince](#)) It's a feeling that many of my peers, myself included, are a bit too familiar with. In addition to conversations amongst ourselves, we also had attended workshops with a variety of individuals that had brought their own different backgrounds to the climate grief conversations. These workshops with

Each day on social media, we see wildfires raging, natural disasters intensifying, and the beautiful glaciers melting. This program allowed us to open up a space to discuss these feelings of hopelessness and then focus on the incredible resilience and work of activists around the world who are fighting to combat climate change.

Additionally, this program gave me and my friends the opportunity to make a difference in others' lives by sending Air Quality Monitors to towns in less urban areas to better monitor the effects of wildfires. As a side passion project, I also created a website with the resources we encountered that were especially helpful along the journey. I've linked it [here](#) if you'd like to check it out.



In the end, the program left me feeling both inspired and challenged. My feelings toward climate change have drastically changed. I'm inspired by the passion and determination of my peers, and my perspective has shifted on ways we can care for our environment. As I continue on my journey as a young activist, I carry with me the lessons I learned and the hope that together, we can create a world that is not only sustainable, but thriving.