



WE ARE THE GREAT TURNING

Episode 1: Love and Loss

Check out the [toolkit page](#) for an in-depth guide to bringing the wisdom of this episode deeper into your life: learn more about the *Work That Reconnects*, host discussions about the episodes, and start a podcast club.

Climate mental health resources:

- [Good Grief Network](#) – a peer-to-peer support space for people overwhelmed by collective injustices and eco-anxiety/climate grief/eco-distress
- [Climate Mental Health Network](#) – education, tools, programs, and support designed to help individuals and communities recognize the signs and manage the emotional impacts of climate change
- [Climate Cafés](#) – community-led, inclusive, welcoming spaces for people to simply come together with a cup of tea or coffee, to chat and act for our climate
- Read the book [Generation Dread](#) and check out their resource library, [unthinkable.earth](#), for ideas to strengthen our emotional intelligence, psychological resilience, and mental health
- [Suicide prevention support](#) – call or text **988** for the suicide and crisis lifeline



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Prompts and practices to take this episode deeper into your life:

- **PRACTICE:** Listen to the accompanying [bonus episode, “Open Sentences.”](#)
- **PROMPT:** Tell the story of your own “Cousteau Society moment.”
- **PROMPT:** At the end of the episode, we invite you into “a kind of climate conversation that welcomes **all** of you.” If you could bring all of you into climate conversations with the people in your life, what, if anything, would you be doing differently? What holds you back from talking to others about your feelings about what’s happening in our world right now?

Bonus episode:

- [Open Sentences:](#) A guide for leading open sentences from the Work That Reconnects Network

Are there resources you’d like to see on this page that aren’t here yet? Email us at GreatTurning@SoundsTrue.com.