Resilience Group Says Global Warming is a Mental Health and Psycho-Social-Spiritual Emergency

ITRC issues *Call to Action* for mental health, public health, education, social justice, climate, faith and other leaders to rapidly build psychological and psycho-social-spiritual--or transformational--resilience.

To read and endorse the *Call to Action* go to: http://www.theresourceinnovationgroup.org/

In response to the vast personal and collective traumas caused by Hurricane Dorian, and as a follow up to the *U.S. Call to Action in Climate, Health, and Equity* priority 9 to build resilient communities, the International Transformational Resilience Coalition (ITRC)* today called on all mental health, public health, ACEs, education, social justice, climate, emergency response, faith and other leaders to rapidly build universal capacity for psychological and psycho-social-spiritual--or what we call Transformational--Resilience.

The Climate Crisis is Accelerating Childhood, Adult, Cultural, and Intergenerational Traumas

The more frequent and extreme storms, floods, wildfires and other disasters and toxic stresses generated by the human-induced climate crisis, are aggravating many of the traumas people already experience, and generating countless new ones as well. The result is accelerating harmful personal mental health and psycho-social-spiritual maladies.

Personal Mental Health Impacts of the Climate Crisis
• Severe anxiety and depression
• Post-traumatic stress disorder (PTSD)
• Complicated grief
• Vicarious trauma
• Survival guilt
• Compassion fatigue
• Increased suicidal ideation

Left unaddressed, the impacts threaten the mental and physical health, safety, and wellbeing of children, adults, and communities everywhere. Because traumatized people often retreat into a self-protective survival mode, they also threaten to stall our block our ability to cut greenhouse emissions and reduce the climate crisis to manageable levels.

Psycho-Social-Spiritual Impacts of the Climate Crisis
• Hopelessness and helplessness
• Relationship distress/breakdown
• Drug, alcohol, tobacco abuse, overeating and obesity
• Spousal and child abuse and ACEs
• Racism, sexism, and other systemic oppressions
• We vs. Them tribalism and extremism
• Interpersonal crime and violence

The accelerating scale and intensity of these impacts unequivocally makes climate traumas a mental health and psycho-social-spiritual emergency!

Building Capacity for Transformational Resilience is Vital to Prevent Harm and Promote Wellbeing

Prevention is the only viable solution to the growing emergency. This requires helping all adults and youth learn simple age, culturally, and demographically appropriate Transformational Resilience material including:

- *Trauma impact information* on how overwhelming events and stress can affect the mind, body, and behavior;

- *"Presencing"--or self-regulation--skills* that enable them to calm their mind, body, and emotions when distressed so they can think and act in healthy ways even in unhealthy conditions;

- *"Purposing"--or adversity-based growth--skills* that enable them to use climate adversities as powerful catalysts to find new sources of meaning, direction, and hope in life.

The combination of this information and skills can help people cope constructively with climate traumas, and use the adversities as transformational catalysts to increase personal, social, and ecological wellbeing.

Please Read and Endorse the Full *Call to Action found at*: http://www.theresourceinnovationgroup.org/ and Become Actively Engaged in Building Widespread Capacity for Transformational Resilience

* For information about the ITRC go to: http://www.theresourceinnovationgroup.org/intl-tr-coalition