



People. Purpose. Positive Change.

Winner of United Nations SDG Solidarity Action Award 2020

Mental Health & Climate Change



Concern for the environment is not unique to any one generation; it is a shared experience across all ages. Throughout history, humankind has depended on nature for survival, and now, nature needs us to protect and restore it. This mutual relationship can serve as a powerful motivation to work for the environment. **This newsletter covers the Plastic Free July celebration by Sunrise School.** The school actively engaged in environmental efforts, through actions, to manage our concerns about the environment.

-Note from Mental Health Team, Project Mumbai

Mental Health & Climate Change

**PLASTIC FREE JULY
EDITION**

Sunrise School in Mumbai stands out for being zero waste and prioritizing mental health. The school aims to educate children on climate change and mental health, empowering them to make a positive environmental impact.

All readers are invited to join this journey towards a greener, healthier future.

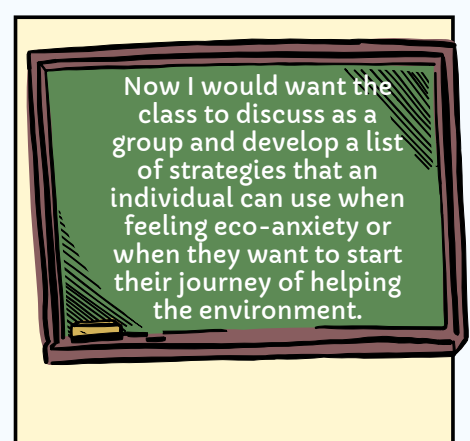
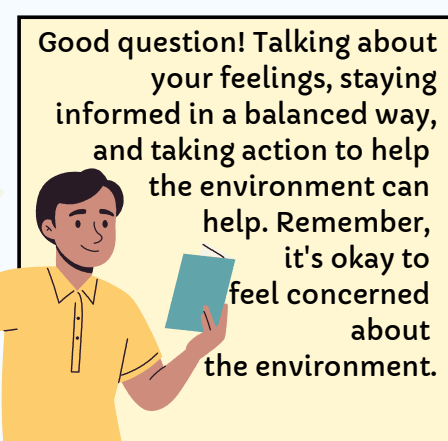
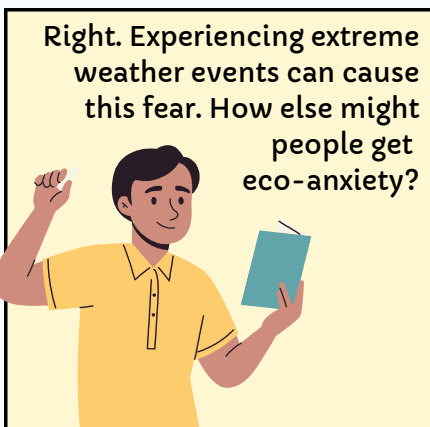
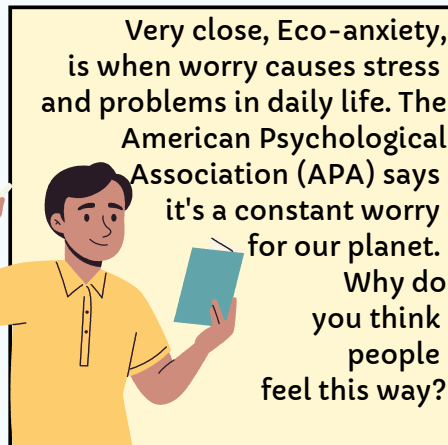
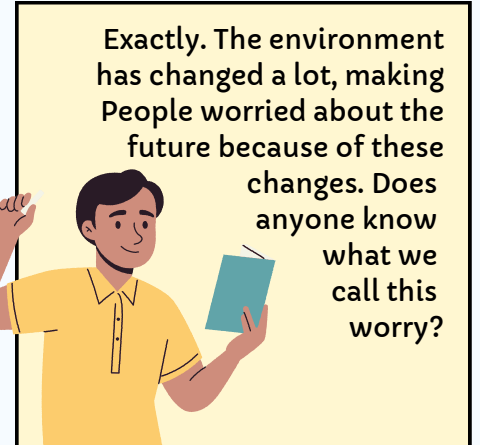


WELCOME TO SUNRISE SCHOOL



ECO ANXIETY AND ECO DEPRESSION

CLASS 7TH A



Class: **7th A**

Roll No: **37**



Tell us how you deal with Eco Anxiety along with your community. Answer the following questions.
(Feel free to answer the question in the given black space)

1 List down small changes that can lead to sustainable change.

1. Carrying your water bottles everywhere

2. Switching to bucket baths

3. Using bamboo and more such sustainable products

4. Using steel straws instead of plastic straws

2 List down the pros and cons of consuming climate change news regularly.

• **Pros: Individuals can be updated on the happenings around them.**

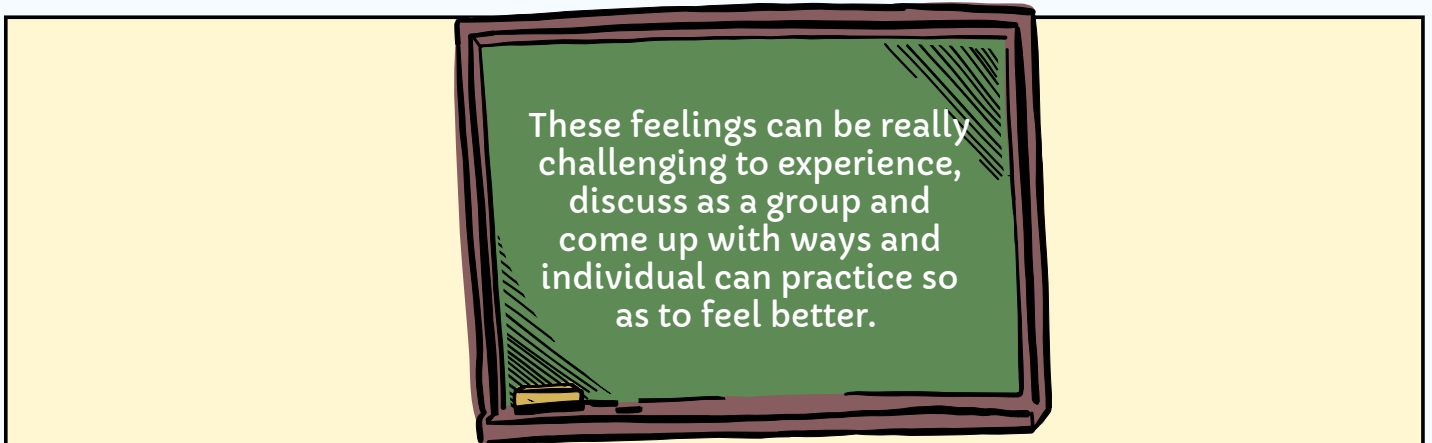
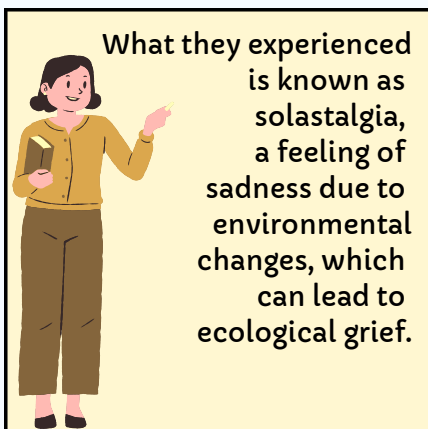
• **Cons: Constantly scrolling through news about climate change can worsen feelings of distress.**

3 Why is it necessary to remind yourself that you are a part of a community?

• **It's easy to get overwhelmed by bad news about climate change but remember that many people are working to solve this issue, you are part of a community positive change is possible.**

• **Also, Finding a community of like-minded people can help feeling supported, connected, and motivated to keep taking action.**

SOLOSTALGIA AND ENVIRONMENT GRIEF



TIPS ON MAINTAINING EMOTIONAL HEALTH AS CLIMATE CHANGES:

Climate anxiety can trigger emotions like grief, anger, shame, and hopelessness. These feelings can arise from witnessing local or global events or worrying about future threats.



CONNECT WITH NATURE

- Taking a walk in the nature
- Going to the beach
- Walking barefoot on the grass
- Planting trees
- Sitting by the window observing nature
- Noticing different kinds of trees and plants on your way.



EMPATHY IS THE KEY

When dealing with painful situations or emotions, practice empathy for yourself and others.

For example, it's not always possible to recycle everything. Blaming yourself or worrying can cause emotional stress and hinder progress. Instead, take care of your mental health and give yourself space to sit with painful emotions.

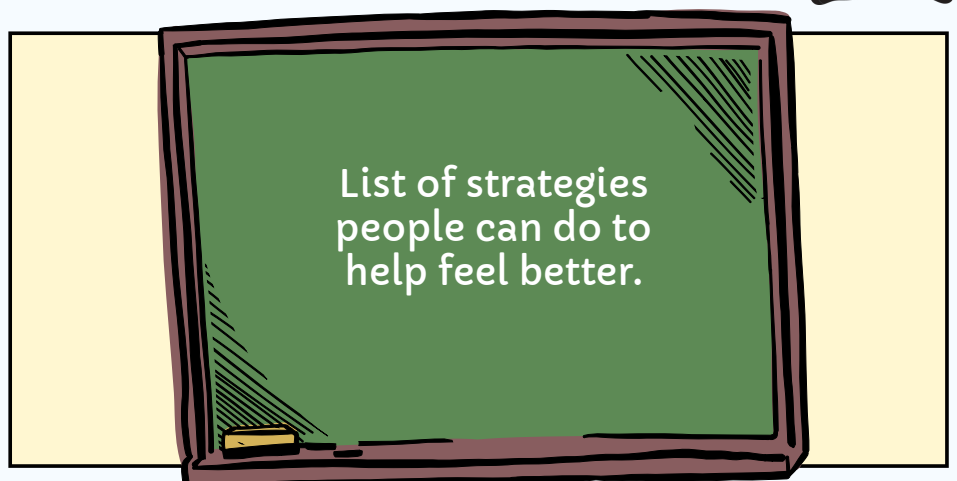
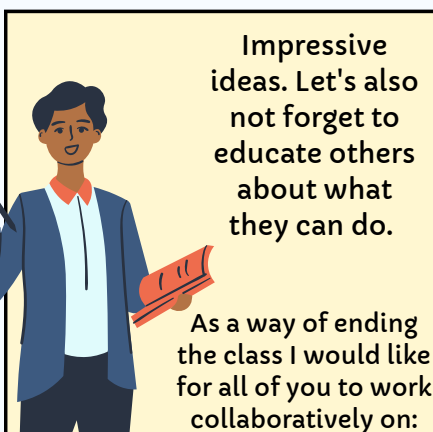
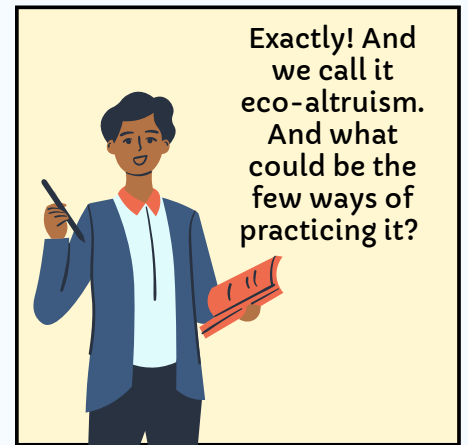
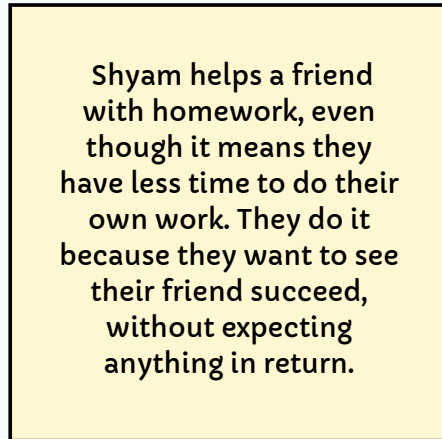
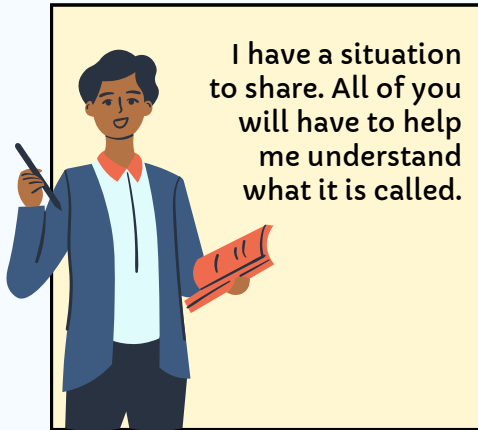


SEEK PROFESSIONAL ASSISTANCE

Sometimes managing feelings and sitting with them can be a challenging task in such situations, considering scheduling an appointment with a therapist to seek necessary support.

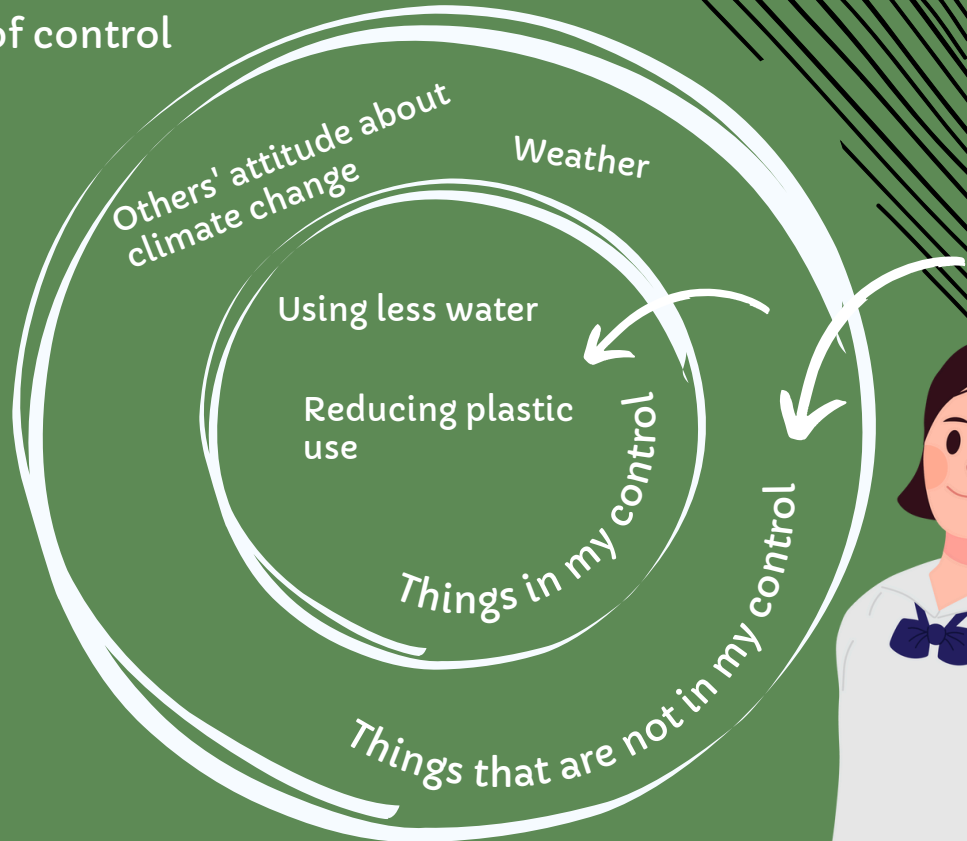
ECO-ALTRUISM

CLASS 9TH D



Practice circle of control

Learn to bifurcate factors that are under and out of your control. Develop an action plan that caters to factors that are under our control.



Watching out for signs of burnout

Working on too many climate projects can lead to burnout. Instead, focus your energy on projects and issues that matter most to you. Prioritise and take necessary breaks.

Burnout can look like:

- Feeling exhausted
- No motivation to make any change
- Irritation



**SUNRISE SCHOOL
PARTNERS WITH
PROJECT MUMBAI**



Jallosch: Clean Coasts

Volunteer for Biggest clean up on Mumbai's Beaches and water bodies. Our project aims to tackle the pressing issue of plastic pollution on Mumbai's beaches. By organizing regular cleanup events and recycling the plastic collected during the clean up, we strive to create cleaner and safer environments for marine life and beachgoers
To register scan the code ->

**SCAN TO VOLUNTEER
FOR JALLOSH**



**The Project Mumbai Plastic Recyclothon and
E-Waste Recyclothon**

Our flagship initiative, the Project Mumbai Plastic Recyclothon, focuses on addressing plastic waste in the Mumbai Metropolitan Region. This monthly event, celebrated twice in the Limca Book of Records, is driven by the community to segregate and recycle plastic waste. Additionally, we also organize an E-Waste Recyclothon to promote the responsible recycling of electronic waste. Along with this we also have launched 10 Zero Waste Schools in Mumbai.



**SCAN TO VOLUNTEER
FOR RECYCLING**



We from Sunrise School have learnt so much from our engagement opportunity. We recommend each and every one of you should volunteer with Project Mumbai to enhance the city's sustainability efforts. You too can contribute to this important cause by Volunteering with Project Mumbai.

**TO KNOW MORE ABOUT
PROJECT MUMBAI
SCAN THE QR BELOW**

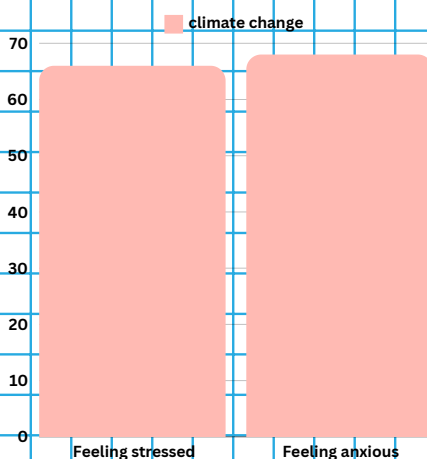
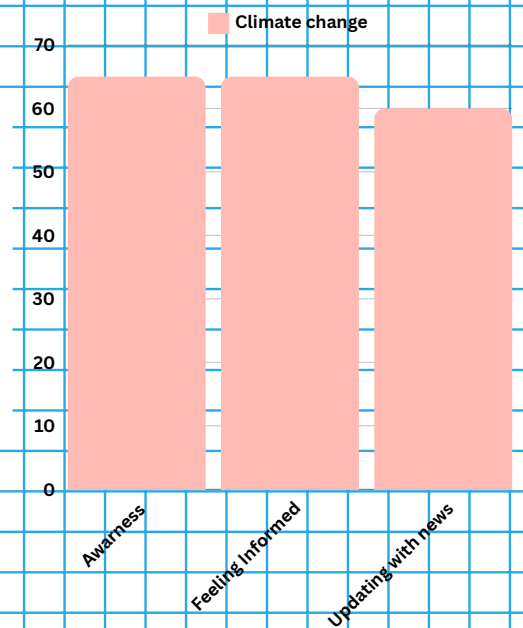


We distributed a Google form to gather insights on:

1. Awareness about climate change
2. Impact of climate change on Mental health
3. Behavioural and lifestyle changes.

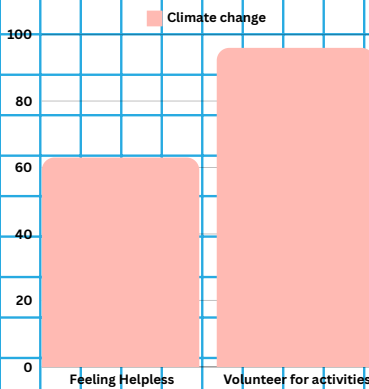
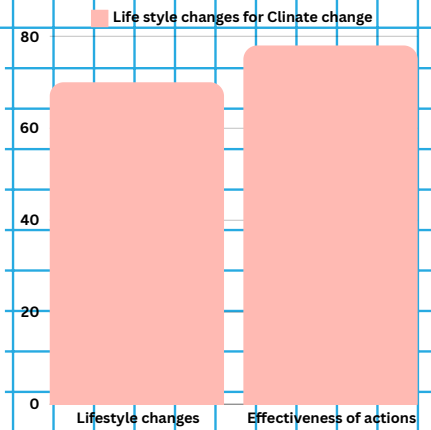
Participants: 108 Gender: 51% Male, 48 % Females Age Average age: 42 years

60% of respondents frequently update themselves on environmental news. This high level of engagement correlates with a strong understanding of climate change, suggesting that staying informed is linked to higher awareness.

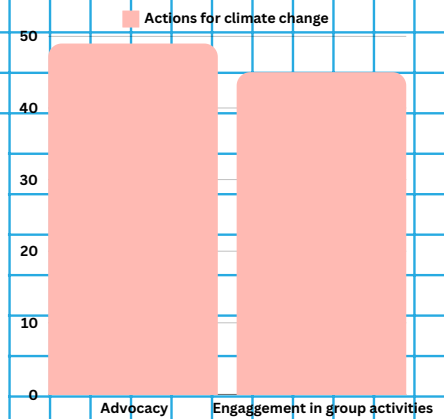


A significant portion of respondents experience **frequent stress (66%) and anxiety (68%)** about climate change. There is a notable correlation between awareness levels and emotional impact; those who are more aware tend to feel more stressed and anxious about climate change. This suggests that being informed can increase concern and emotional burden.

70% of people regularly change their lifestyles to address climate change. This shows they feel a strong sense of responsibility. Additionally, **78%** believe their actions are very effective, which encourages this proactive behavior.



63% of people feel helpless about climate change. Despite this, **70%** are making lifestyle changes, and **96%** want to join community efforts to fight it. This shows that even though many feel overwhelmed, they are still committed to taking action and helping solve the problem.



COMMON RESPONSES TO LIFESTYLE CHANGES

- Reduced use of plastic
- Steel bottles and tiffins
- Switching to cloth bags
- Practicing waste segregation
- Recycling
- Planting trees
- Reduced and mindful water use
- Reduced clothes shopping and thrifting instead
- Practicing veganism



Two of the most critical verticals that Project Mumbai has been focusing on, from the day we founded, have been Sustainability (our environment and its related concerns) and Mental Health (the emotional well-being of each one of us).

But while they may appear independent of each other, each feeds off the other. Often, very unknowingly for most of us.

At a macro and urban level, a change in weather conditions-- climate changes resulting in sudden cloudbursts causing flooding, disrupting mobility issues and eventually leading to us reaching our destination either late or in a not-so-presentable condition, in appearance. The invisible hazards, anxiety, and stress/distress are but natural consequences.

Closer to us, living in unhygienic surroundings-- can easily convert a peaceful mind into an irritable space.

Inversely, a positive state of mind can compel us to clean up our surroundings and work towards a more collaborative rather than confrontationist work environment.

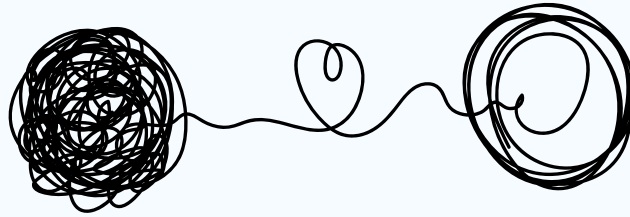
Project Mumbai strives and thrives in making our city a better place to live in. A happier state of mind is what we wish for each one of us. Let's de-clutter. You could simply start with being kinder to your colleagues or associates. Smile at them. With them. As a next step, continue the decluttering. Clean up your workspace. Better still, the hundred meters where you live, work or play.

For a better environment and a better mind space. Yours. Ours.



**SHISHIR
CEO & FOUNDER
PROJECT MUMBAI**

Help is a call away



PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD **A Helpline for Adolescents** **1800-102-4040**

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

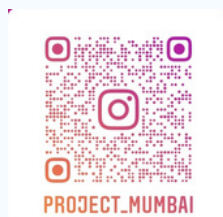
- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111 (MON-SAT, 8AM-10 PM)**
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)**
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)**

Do you want to contribute to making Mumbai the Kindness capital?

Reach out to us on info@projectmumbai.org

or

Visit us at www.projectmumbai.org



**You can follow our
socials by scanning
these QR codes**



Content Curators

Palak Shah, Isha Dhakan, Rudra Sahadevan

Designed by
Valenie Lopes

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