



FundWell

A Swift Summary of Wellbeing Stuff for Funders

This month I attended a circle for parents and carers, hosted by the [Climate Psychology Alliance](#). A small group of parents shared their worries, guilt, anger, confusion, and overwhelm about raising children and preparing them for the unpredictable future—and present—world they will navigate. It was a beautiful space designed specifically to support carers to process and experience the inevitable emotional weight a climate-changing world brings.

Today we'll delve into resources and research around eco-anxiety or climate anxiety and how to address it for those we fund, and the next generation of leaders.

Whether your grants go towards addressing mass migration, stemming conflict, building food security, strengthening education, improving household economics, supporting mental health, or reducing disease, there's one issue that multiplies and exacerbates all the others. Our apex issue, if you will, is climate.

Whatever your issue area focus, you should check out our Talking Points for how climate anxiety affects every issue philanthropy funds. We hope you'll use them with your teams as jumping off points in a discussion or team meeting.

Be well,

Jessamyn & the Funders+Wellbeing Group team



Credit: pxfuel.com

Image description: Slanted aerial view of clouds with the sun in the top left corner. The clouds change from light fluffy orange and red in the top left of the image to stormy, swirling purple and blue in the bottom half of the image.

FundWell Essentials

- Geographer, social scientist, and researcher, Susanne C. Moser, [outlines 7 challenges](#) we need to prepare environmental leaders of the future to face.
 - Various [support modalities](#) offered by Deep Adaptation community ‘Guides’, “for organizations and individuals navigating their emotions, thoughts, resilience and spiritual journey under the shadow of near-term social and environmental systems collapse”.
 - And BBC Bitesize [provides accessible advice](#) for young people navigating eco-anxiety.
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Talking Points: pick one and start a conversation!

- Regardless of issue area focus, does your org provide grants not only sufficient to cover at least one senior staff’s salary and benefits but also leadership training and coaching?
 - Regardless of issue area, how do those you fund cope with an increasingly unpredictable and unstable future? As individual leaders? As organisations? As teams? What’s the number 1 thing your team would need to cope with a destabilised future?
 - How might eco-anxiety in children or young people show up and affect the outcomes those you fund (regardless of their issue area focus) are aiming for?
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Words on Wellbeing

“..each location has its peculiarities. In Africa, there’s this particular emotion of frustration and anger because of the injustice that is linked to realising just how predisposed or vulnerable you are to a crisis that you don’t really have a direct hand in causing.”. Jennifer Uchendu, Lagos-based climate activist and founder of youth sustainability group Sustyvibes, [shares how she sees young people in Nigeria and across Africa experience climate anxiety, as well as her own experiences of eco-anxiety.](#)

How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey.](#)

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