



# SKILLS FOR CRISIS

*Within the project “Skills for Crisis - Nurturing Communities Beyond Tipping Points” we share step by step some of the skills we learned and concepts we and our comrades work with. This method is inspired by Psychologist4Future Austria and was used in the Workshop*

## Solidarity in the face of climate disasters *Mutual aid as an antidote with Firoozeh Farvadin*

### Guide to the "Moving Through" Exercise

#### Purpose

This exercise is designed to help you explore and process your feelings about the climate catastrophe (or any crisis/disaster) through movement, writing, or drawing.

#### Important Disclaimer

- **Your Wellbeing Comes First:**

Only participate if you feel emotionally safe and comfortable. If at any point you feel overwhelmed, you can pause or stop the exercise. You are encouraged to do what feels good for you—take a break, have a cup of coffee, or simply observe until the debrief.

- **Intensity Warning:**

This exercise may bring up strong emotions. It's normal to feel things you don't usually notice. Please be gentle with yourself, stop or even don't start the exercise if you do not feel grounded.

## Step-by-Step Instructions - The Exercise

### 1. Prepare Your Space (1-2 minutes)

- Find a quiet, comfortable area where you can move freely or sit to write/draw.
- Gather any materials you might need: paper, pen, markers, or just clear some space to move.

### 2. Set Your Intention (1 minute)

- Take a deep breath.
- Remind yourself that you are here to gently explore your feelings, not to judge or fix them.

### 3. Begin the Exercise (10 minutes)

#### **Express Freely:**

Let your body, pen, or movements express whatever comes up. There's no right or wrong way to do this.

#### **Choose Your Expression:**

Decide if you want to write, draw, move, dance, or combine these methods.

#### **Lower Your Barriers:**

Try to relax and let your guard down, as much as you feel comfortable.

#### **Ask Yourself:**

- What do I feel regarding the climate catastrophe (or crisis/disaster)?
- Where do I feel this in my body?
- When do these feelings appear?

### 4. Dialogue With Your Feelings (2-3 minutes)

- If you can identify a particular feeling, ask yourself:
  - Is there anything I want to say to this feeling?
  - For example: "I hear you," "You are welcome here," "I will take care of you," etc.
- You can say it aloud, write it down, or express it through movement.

## Step-by-Step Instructions - After the Exercise

### 5. Transition (Signal: Music)

- After 10 minutes, music will play to signal the end of your solo exploration.

### 6. Share in Pairs (15 minutes)

- Pair up with two other participants.

- Take turns sharing your experience, listening to each other without judgment.

## **7. Group Debrief**

- Rejoin the larger group.
- Discuss strategies for handling, reacting to, and coping with the feelings that came up during the exercise.

## **Final Notes**

- **Participation is Voluntary:**  
You can choose to participate in any or all parts of the exercise.
- **Support is Available:**  
If you need support at any time, please reach out to the facilitator or a trusted person.