

ART AS CATHARSIS

Throughout the years, art has been a powerful tool to channel hopes, fears and anxieties for the future. Art is not only cathartic, but it also creates a sense of community. As the brilliant James Baldwin put it:

“You think your pain and your heartbreak are unprecedented in the history of the world, but then you read.”

Here are some useful resources that can help you navigate your feelings and emotions in response to the climate emergency.

(Remember: it is normal to feel overwhelmed - it is a completely rational response. But also bear in mind that you're not alone in this struggle, no matter how lonely it feels.)

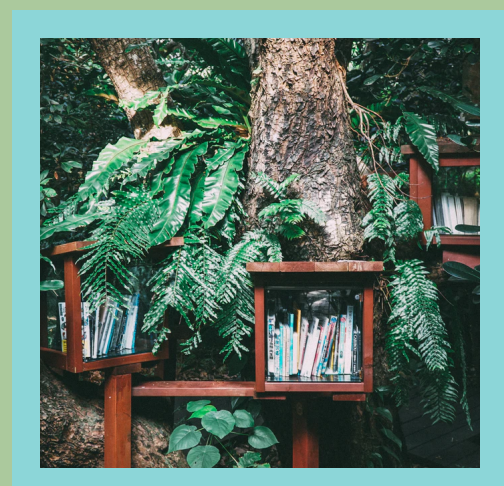
BOOKS

Non-Fiction

Active Hope by Joanna Macey
How Soon is Now? By Daniel Pinchbeck
The Great Derangement by Amitav Ghosh
Hope in the Dark by Rebecca Solnit
Mourning Nature by Ashlee Cunsolo and Karen Landman
Being the Change by Peter Kalmus
Facing the Climate Emergency by Margaret Klein Salamon

Fiction

Parable of the Sower by Octavia Butler
The Maddaddam Trilogy by Margaret Atwood
The Overstory by Richard Powers
American War by Omar El Akkad
Flight Behavior by Barbara Kingsolver
Dry by Neal Shusterman and Jarrod Shusterman
Trajectories by Rosemary Randall (see review and interview with author)



DOCUMENTARIES

An Inconvenient Truth (2006)
Tomorrow (2015)
Regeneration (2010)
Planet of the Humans (2019)
Years of Living Dangerously (2014)
Merchants of Doubt (2014)
2040 (2019)
Before The Flood (2016)

CONTINUED

ART AS CATHARSIS (CONTINUED)



PODCASTS

Climate Crisis Conversations
Hot & Bothered by Dissent Magazine
In Conversation: A Listening Series on Climate Justice & Collective Liberation by
How to Survive the End of the World by the Brown Sisters
Mothers of Invention by Maeve Higgins and Mary Robinson
Facing It: a podcast about love, loss and the natural world by Jennifer Atkison
The Anthropocene Reviewed by John Green
Manchester Green New Deal Podcast

COMEDY SKETCHES

(If Dark Humour's your thing)

Foil Arms and Hog- [Mother nature catches earth burning fossil fuels](#)
Foil Arms and Hog- [Awkward interview with planet earth](#)
College Humour- [climate change is the ultimate birth control](#)

MUSIC

Full Album

Hozier- *Wasteland, Baby!*
Father John Misty- *Pure Comedy*

Songs

Billie Nomates- Hippy Elite
Father John Misty- Now I'm learning to Love the War; Holy Shit
Sam Lee- The Garden of England
Anonhi- 4 Degrees
Billie Eilish- All the Good Girls Go to Hell
Paul McCartney- Despite Repeated Warnings
Joan Shelley- The Fading
The 1975 feat. Greta Thunberg- The 1975
Emmy the Great- Solar Panels
Joni Mitchell- Big Yellow Taxi
Hozier- Jackboot Jump
Weyes Blood- A Lot's Gonna Change
Sufjan Stevens- America
Queen - Hammer to Fall
Crossby, Stills, Nash & Young - Wooden Ships
Elvis Costello - Waiting for the End of the World
Guns N' Roses - If The World
Sam Fender - Hypersonic Missiles
Leonard Cohen - Everybody Knows

And not strictly a formally-released song, but
'[Greta Thunberg sings Swedish Death Metal](#)'

[You can also listen to our spotify playlist!](#)