



WE ARE THE GREAT TURNING

Episode 4: There Is No Future if We Go Numb

Check out the [toolkit page](#) for an in-depth guide to bringing the wisdom of this episode deeper into your life: learn more about the *Work That Reconnects*, host discussions about the episodes, and start a podcast club.

Honoring Our Pain for the World resources:

- **BOOK:** [The Wild Edge of Sorrow - Francis Weller](#)
- **BOOK:** [The Smell of Rain on Dust - Martín Prechtel](#)
- **BOOK:** [Hospicing Modernity - Vanessa Machado de Oliveira](#)

Climate mental health resources:

- [Good Grief Network](#) - A peer-to-peer support space for people overwhelmed by collective injustices and eco-anxiety/climate grief/eco-distress.
- [Climate Mental Health Network](#) - Education, tools, programs, and support designed to help individuals and communities recognize the signs and manage the emotional impacts of climate change.
- [Climate Cafés](#) - Community-led, inclusive, welcoming spaces for people to simply come together with a cup of tea or coffee, to chat and act for our climate.
- Read the book [Generation Dread](#) and check out their resource library, [unthinkable.earth](#), for ideas to strengthen our emotional intelligence, psychological resilience, and mental health.



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Prompts and practices to take this episode deeper into your life:

- **PRACTICE:** See the video of Joanna facilitating this exercise on the Work That Reconnects website: [Breathing Through](#)
- **PRACTICE:** [Truth Mandala](#) (takes ~90 minutes)
- **PRACTICE:** [Cairn of Mourning](#) (takes ~30 minutes)
- **PRACTICE:** [Open Sentences on Honoring Our Pain](#) (takes ~30 minutes)
- **PROMPT:** In what ways, in your own life, do you experience and observe the Great Unraveling?
- **PROMPT:** Joanna said, “There is no future if we go numb.” What are the ways that you numb yourself to your pain for the world? What helps you stay present with your pain?
- **PROMPT:** Joanna expressed her fierce love for our world when she talked about the protective “Roar of NO.” What evokes that kind of big protective energy in you?

Are there resources you'd like to see on this page that aren't here yet? Email us at GreatTurning@SoundsTrue.com.