



# WE ARE THE GREAT TURNING

## Episode 5: This Pain Is Not for Nothing

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:** On the phone, Joanna taught Jess that what she was feeling was a “sacred pain.” She said, “You wouldn’t want it to not be true for you.” In what ways can you relate this idea to your own pain for the world?
- **PROMPT:** If you have others with you to listen and support, share about your own voice of desperation. Where does your mind go when you’re not seeing the light of possibility? What’s it like to name those challenging thoughts out loud?

*Are there resources you’d like to see on this page that aren’t here yet? Email us at [GreatTurning@SoundsTrue.com](mailto:GreatTurning@SoundsTrue.com).*