

**SOLUTIONS
JOURNALISM
NETWORK**



ELIN KELSEY
& company



Nurturing Our Roots During Times Of Crisis





The global climate emergency is an alarm that our bodies have noticed. Everyone from frontline communities facing disasters, and the people watching or reading about climate breakdown, are prone to high stress levels that pose a series of direct and indirect threats to our bodies.

Our feelings are real. They're a result of our challenges, but they're also because we hear more about problems than about solutions. Climate anxiety is an empathetic response, however, when this anxiety has no resolution, it can lead to adverse health effects. Beyond anxiety, our emotional responses include fear, rage, guilt and more. Why does this happen and how do we cope with these feelings? **How could learning about solutions be good for our health?**





Finnish eco-anxiety researcher and writer Panu Pihkala describes eco-anxiety as a form of Global Anxiety that encompasses other layers of issues around the world.

Here are a couple of terms that have helped describe the impacts of trauma in various tiers.

Vicarious Traumatization: If you're exposed to another person's traumatic stress suffering for a prolonged period of time, you can develop Vicarious Trauma/Secondary Traumatic Stress.

Compassion Fatigue: An emotional or physical exhaustion that can lead to a diminished ability to empathize or feel compassion. Burnout is another similar condition.

The constant cycle of news only highlighting climate disaster, without equally upholding climate solutions, indirectly traumatizes us and puts our bodies into states of stress.





“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”
-Audre Lorde.

Climate breakdown and our **problems-oriented reporting** has resulted in widespread trauma and prolonged stress. Environmental studies scholar and author, Elin Kelsey, points out that the psychological impacts of climate change are complicated and diverse. The mental health impacts can be acute and include post-traumatic stress, anxiety and depression, as well as chronic feelings of loss, hopelessness and fatalism (American Psychological Association, 2017). These emotional and mental health impacts are now occurring against a backdrop of the COVID-19 pandemic. A global study of 204 countries and territories reported in Lancet (October, 2021) found a 25.6 % increase globally in cases of anxiety disorders in 2020 due to the COVID-19 pandemic.





Climate anxiety is not the limit of climate emotions, it's the tip of the iceberg. Having conversations about the different emotional states evoked by various interconnected global and local crises is essential. Climate education and science still largely lack these conversations. All too often, our difficult emotions are suppressed which leads to *disavowal*, *cognitive dissonance*, and further traumatization.

Disavowal: a denial of responsibility (like continued advertising of fossil fuel vehicles by the auto industry)

Cognitive Dissonance: thoughts and beliefs inconsistent with our behaviors or vice versa (like corporations pledging climate action and not changing practices)





With *problems-oriented* education and journalism, we're consistently exposed to global issues. We know this leads to stress, but the scale of these issues also leads to emotional states like overwhelm that ***misconstrue our sense of efficacy.***

Environmental Studies Professor and author, Sarah Jaquette Ray, states that *"Our sense of efficacy in the face of seemingly insurmountable obstacles rests on redefining what we think of as meaningful actions in the world and what we think of as our role in that."*

Models like the spheres of influence serves to show the power we have within community. **Creating and focusing on networks of care and support is critical to climate action and empowering us.**





Strategies to revitalize our networks are essential. Scholar Maria Ojala's research with children has found that **meaning-focused coping** had positive associations with engagement. **Meaning-focused coping involves connecting our values and beliefs to difficult situations.** It's important when a stressor can't be removed or solved right away (or at all) but still demands active involvement, such as when caring for a terminally ill partner or solving climate breakdown.

Other resources also exist and are constantly being developed. In response to the rise of fatalism and mental health struggles perpetuated by harmful systems, Elin Kelsey, Sarah Jaquette Ray, Jennifer Atkinson, Panu Pihkala, and other academics and practitioners involved in climate emotions research have co-created an international toolkit of resources to help climate justice educators create safe spaces for their students and colleagues to share their feelings and validate their beliefs and values.





Climate anxiety isn't only an issue we face as individuals. **It's a collective issue that we face as a society.** Normalizing conversations around feeling worried about the planet's future can unlock powerful stories and solutions.

We must demand to hear of solutions and media that looks as rigorously at what's working as it does at what's broken to help us understand the power of collective action. That's the thinking behind the emergence of the Solutions Journalism Network. What you consume, synthesize, and preach determines how we tackle issues collectively. Focusing on what Elin Kelsey calls **evidence-based hope** allows us to amplify and replicate meaningful results.





Aside from evidence-based hope, creating your own unique self-care checklist for your community can help channel eco-anxiety. While you make your own, here's what Panu Pikahala recommends for people with eco-anxiety.

- 1. Don't feel weak or unsuccessful if you experience eco-anxiety.**
- 2. Appreciate and respect your eco-anxiety.**
- 3. You're not alone. Don't remain alone.**
- 4. Take action, but not all the time.**
- 5. Look for balance.**
- 6. Practice self-regulation.**
- 7. Make friends with your emotions.**
- 8. Listen to your body.**
- 9. Listen to your dreams.**
- 10. Accept the seasons of the mind and practice the skill of seeing two levels.**





Sources

Alarming News, Ecological Issues, and Self Care

www2.helsinki.fi/fi/unitube/video/e6063530-9f67-4ce4-bca4-0182feeae2cd

Doom And Gloom: The Role Of Media In Public Disengagement On Climate Change

shorensteincenter.org/media-disengagement-climate-change

Toward A Taxonomy Of Climate Emotions

frontiersin.org/articles/10.3389/fclim.2021.738154/full

Existential Toolkit For Climate Justice Educators

existentialtoolkit.com

How The COVID-19 Pandemic Has Affected Depression And Anxiety Around The World

thelancet.com/infographics-do/covid-mental-health

Mental Health And Our Changing Climate

apa.org/news/press/releases/2017/03/mental-health-climate.pdf

**SOLUTIONS
JOURNALISM
NETWORK**



ELIN KELSEY
& company



Elin Kelsey: From Denial To Doomism + Why Hope Is A Powerful Choice





Climate breakdown has had profound environmental, social, and psychological impacts. The reactive response has brought us from *climate denial* to *climate doomism*, both of which can leave us feeling powerless. Yet, in part because humans respond more viscerally to negative news, our media reports on problems far more often than solutions. Environmental Studies scholar and author, Elin Kelsey reminds us that our feelings of eco-anxiety are based on the reality of the climate emergency, our thoughts, beliefs, mindsets, and the ways we communicate how things are.

Because we almost never hear about the very real solutions that are also happening, we end up in what Anthony Leiserowitz of Yale University calls a “hope gap”: a situation where more people all over the world care about climate change but they feel powerless to do anything about it. For example, a poll from Ipsos/Futurra found that 62% of people agree they hear much more about the negative impacts of climate change than they do about progress towards reducing climate change.



The Wounded Angel is a painting by Finnish symbolist Hugo Simberg. Elin Kelsey gives it a modern context by comparing it to navigating climate breakdown.

The blindfold represents our inability to see solutions because we are inundated with gloom and doom.

Blood on the wing reminds us of the systems that “wound” those struggling to engage in climate change action.



The stretcher symbolizes the need to create safe spaces for sharing emotions.

The angry expressions of the youth reflect the institutional betrayal so many feel towards governments not taking enough action.

Snowdrops symbolize healing and rebirth, holding on

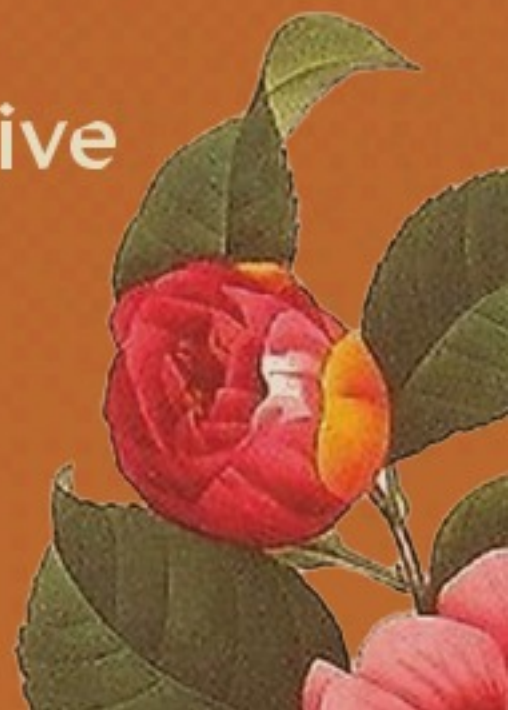




42% of the world's population is twenty-five years of age or under. For many young people, there is a feeling of **institutional betrayal**, where people perceive power and trusted institutions as causing harm to those dependent on them for safety. Kelsey suggests that shifting from *climate doom and gloom* to *evidence-based hope* is essential for the climate movement.

She isn't talking about wishful thinking or toxic positivity. Evidence-based hope demands a thorough understanding of the true scope and scale of the problems we face - climate change, the COVID-19 pandemic, armed conflict, economic crisis - and a conscious rejection of fatalism.

She is using 'evidence-based' to signal hope that is **grounded in approaches**, like solutions journalism, **that rigorously report on proven outcomes and meaningful trends**. It provides replicable insights that we should amplify, spread and tailor to specific contexts. Solutions journalism empowers effective engagement with climate issues.





Kelsey points out that the consistent cycle of negative media encourages a fatalist worldview (like the blindfold). A 2021 study surveyed 10,000 people aged 16-25 across 10 countries, including the United States, how they felt about climate change. **Almost 75% said they saw the future as “frightening”, and more than half agreed that “humanity was doomed”.**

How do we approach our climate education when it comes to younger people that are increasingly anxious and even fatalistic? What people are missing is an awareness of the action continuously happening and the scale at which it happens. That information doesn't stop anxiety but it reminds us that hope is not complacent. Knowing what works unlocks prideful stories of victory and provides examples for other communities.





Kelsey points out that emotions are major drivers of climate change action. Research reveals that those who believe climate change is unstoppable are less likely to demand actions that can bring positive developments. Those who are aware of things that have changed for the better are more likely to demand necessary changes for the improvements they are expecting. Knowing what actions are currently having a positive impact, in a rigorous evidence-based way, is critical to hope.

How do we respond to fatalism? Just like the natural world, the human mind has seasons. We can experience dark melancholy and still remember there will be spring. Our response to fatalism should be remembering we need to see on two levels, our problems and solutions, simultaneously (rather than only problems). Disempowerment from eco-anxiety can deter us from seeking hope in a world that desperately needs it. This sort of meaning-focused coping can help us bring our feelings and beliefs into our actions.





“We need to dismantle the entrenched narrative of fatalistic climate doom. It is damaging our mental and emotional health - and disempowering even the most passionate climate advocates. **The climate crisis is also a crisis of hope. Hope is a powerful political choice**”

-Elin Kelsey





Doomism is deliberate and helps no one except those profiting from it. Environmental Professor, Michael E Mann has talked about the strategies and tactics institutions and large multinational corporations have used to alter climate discourse.

Deflection: Shift the focus

The gun lobby, fossil fuel corporations, and beverage companies are among some that have perfected this strategy, and deflected the focus from corporate practices to individual responsibility, and offered only far-off pledges.

Division: People vs people instead of people vs corporations/systems.

Changing individuals is part of the solution but doesn't shift power on its own.

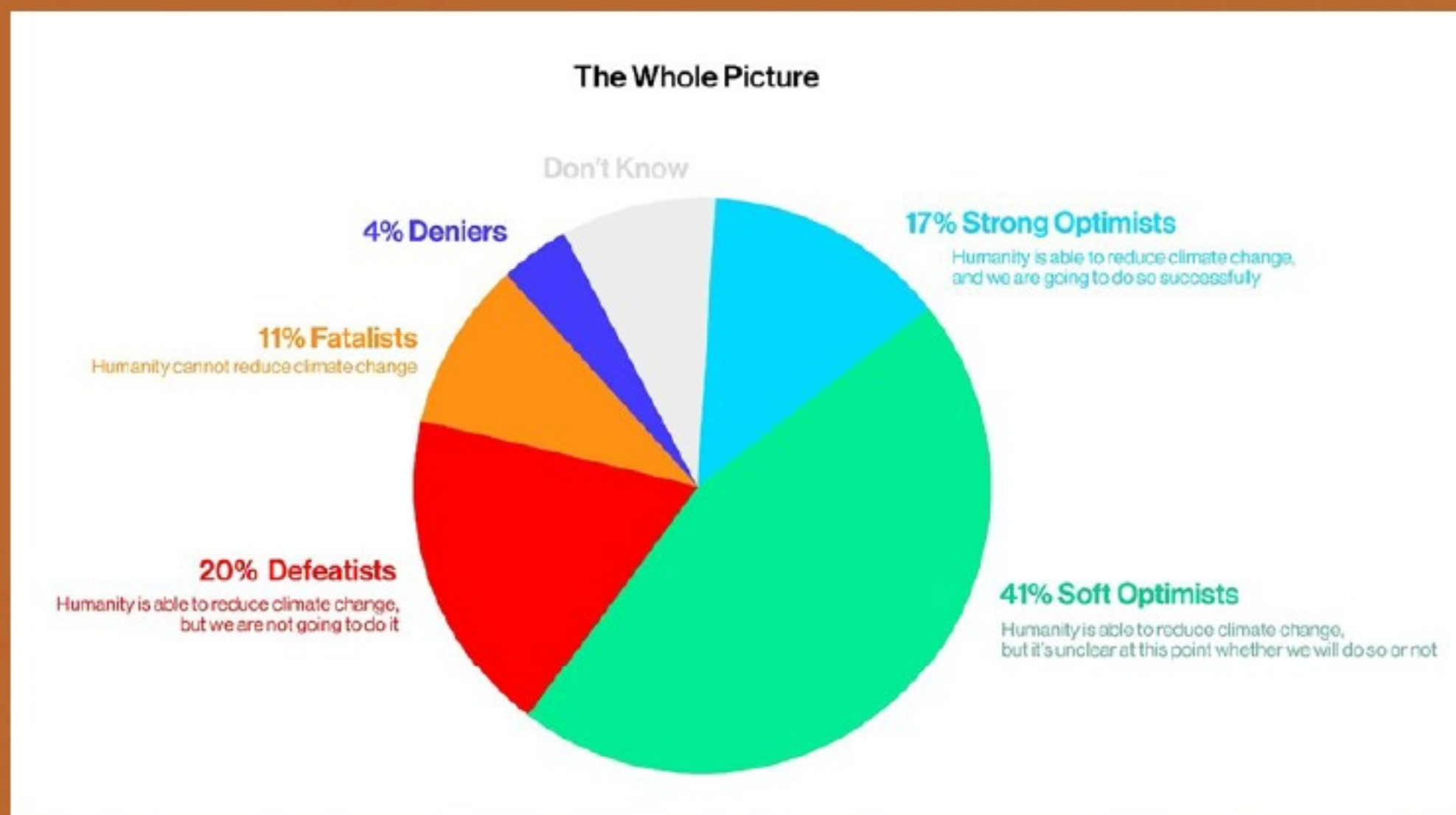
Doom: Our fate is sealed

"In-activists" know that if the public believe there's nothing to be done, they're likely to disengage. This tactic weaponises environmental progressives by promoting narratives that lead them to be disillusioned, depressed and despairing. However, there is no "too late" in solving wicked problems.





You aren't alone in having hope or caring about climate breakdown. In a survey by Ipsos/Futurra that polled 20,000 across 27 countries, **77% said climate change is very/fairly important to them.** That in itself is a sign of our new shared global ambition.



The study also found that **over half of the world feels optimistic about our chances of solving climate change**, yet mainstream media still focuses on our problems without adequately reflecting our optimism. However, 20% of people under 30 believe it's too late to fix climate change, further underscoring our need for solutions-based journalism and to tell the whole story.





Sources

Alarming News, Ecological Issues, and Self Care

www2.helsinki.fi/fi/unitube/video/e6063530-9f67-4ce4-bca4-0182feeae2cd

An Antidote For Environmental Despair

hakaimagazine.com/features/an-antidote-for-environmental-despair/

Climate Fatalism Grips Young People Worldwide While The Urgency For Solution-Oriented Media Grows

ipsos.com/en-uk/climate-fatalism-grips-young-people-worldwide-while-urgency-solution-oriented-media-grows

Climatologist Michael E Mann: ‘Good People Fall Victim To Doomism. I Do Too Sometimes’

theguardian.com/environment/2021/feb/27/climatologist-michael-e-mann-doomism-climate-crisis-interview

Eco-Anxiety: 75% Of Young People Say ‘The Future Is Frightening’

medicalnewstoday.com/articles/eco-anxiety-75-of-young-people-say-the-future-is-frightening#A-generation-betrayed

SOLUTIONS
JOURNALISM
NETWORK



ELIN KELSEY
& company




Taming Wildfires: How Wildfire Solutions Are Saving Lives



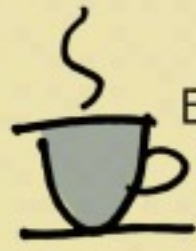


Wildfire season has become much worse in the last decade, but what has happened after the smoke clears?

Wildfires are quickly made into public spectacles and can evoke strong feelings of loss, anxiety, and grief.

However, in communities continuously afflicted by wildfires, they aren't only defined by their problems but by their responses to the infernos. While mainstream media will highlight the disasters, they aren't telling the full story. Here are some real world examples of how communities have adapted to their wildfire seasons 





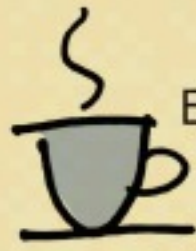
The power of Indigenous Knowledge

Another source of wildfire solutions is found within indigenous knowledge and fire practices. In 2021, the Mount Law wildfire in British Columbia scorched 976 hectares of land (the equivalent of over 2,400 football fields). The wildfire burned for over 19 days, barely a mile from the nearest city.

However, when the fire was contained, Central Okanagan Emergency Operations reported the fire ***inflicted significant damage to only one structure.***

We're more likely to hear about the wildfire, and how "lucky" the community around it was, but what do we hear about the preventative measures that saved lives? The Westbank First Nation had laid the important groundwork for slowing the spread of wildfires in the area.





The power of Indigenous Knowledge cont

Indigenous practices often play a valuable role in wildfire mitigation.

For example, The Westbank First Nation, part of Syilx (Okanagan) culture, partakes in **hand-treatment mitigation work**. Traditionally, according to the Okanagan Nation Alliance (ONA), of which the WFN is a member, Syilx people would maintain their forest and grassland ecosystems by annually conducting *cikilaxwm*, which is a low-intensity, controlled burn.

During settler colonialism, much local ecological knowledge of managing land with fire was lost. Now, with exacerbating effects of the climate crisis, we need more than ever to highlight these solutions and mitigation practices.





There's research as well that highlights the need for these solutions. In 2020, the forestry faculty at the University of British Columbia studied the benefits of collaboration between local stakeholders and First Nations when managing a forest.

The study found that effective approaches to wildfire mitigation “**illustrate the need for extensive trust-building and strong relationships between Community Forests, Indigenous communities, provincial government officials, fire scientists, and other local stakeholders.**”

Community based approaches that recognize local knowledge and wisdom continue to define some of the most successful wildfire management happening to this date.





People living in areas prone to wildfires are already developing mitigation and adaptation strategies →

One example can be found in Deschutes County, Oregon, which has become a national leader in wildfire management. Despite experiencing regular wildfires, no house has burned from 2003 to 2018. A combination of **public education, community outreach, landscape restoration and management, and robust emergency responses**, have helped Deschutes County, a wildfire hazard area, become a model for wildfire response nationwide. Sunriver in Deschutes County has even earned a *Firewise seal*, a designation from the National Fire Protection Association for neighborhoods that observe guidelines to protect against wildfires.





On a larger scale, the US Forest Service has been driving some new solutions and focusing on community fire adaptation. For example, you may know that Oregon has had hundreds of thousands of acres burned in the worst of their fire seasons. In places like Sisters, Oregon that are particularly vulnerable, a community coalition of city council member and fire managers have enrolled in the Community Planning Assistance for Wildfire program (CPAW), a federal program designed to reduce wildfire risk through improved land use planning.

Now, thanks to the CPAW program by the USFS, **these communities have a customized plan to reduce wildfire dangers** that was created with insight from land-use planners, foresters, economists and wildfire risk modelers.





Wildfires can be dangerous, but in the communities most affected, **wildfire management is a way of life** and often serves as a multifaceted solution. Even though the US rangeland area burned has increased by nearly five times in the last 30 years, new research has found that grazing cattle in the fall creates gaps that help keep wildfires from spreading. Across the world in Girona, a region of Northern Spain, a project named *Fire Flocks* came into existence where local animals graze on what would become fuel for wildfires. Ranchers need grazing land, and introducing animal grazing has provided a cheap and localized tool for governments that lack firefighting resources.





The wildfires we see today are worsening, but when we tell the entire story, **we see that wildfire impact is actively being reduced.** More than ever before, the communities facing wildfires head-on are doing so with **more resources, more insight, and more collaboration.**

In the examples we covered, we see that wildfires are capable of causing a lot of damage, but that the communities aren't defenseless, nor are they rolling over and accepting their fate. **They are active and proactive and offer templates for other communities worldwide to follow.** When our media talks about wildfires, they should also be talking about what's been done and what's being done to address them so that this amazing work doesn't go unnoticed.





Sources

Yes, Something Can Be Done About Wildfires

nytimes.com/2017/12/19/opinion/california-wildfires-helping.html

Indigenous Practices Are The Future - And Past - Of Wildfire Prevention

thediscourse.ca/okanagan/wildfire-prevention-westbank-first-nation-community-forest

The Rise Of Wildfire Resilient Communities

hcn.org/articles/wildfire-the-rise-of-wildfire-resilient-communities

Temporal Patterns Of Large Wildfires And Their Burn Severity In Rangelands Of Western United States

agupubs.onlinelibrary.wiley.com/doi/abs/10.1029/2020GL091636

Fighting Fires With Goats

bbc.co.uk/programmes/p06nfy9d

**SOLUTIONS
JOURNALISM
NETWORK**



ELIN KELSEY
& company



Handling The Heat: Modern Solutions For Heatwaves





We know that heatwaves are going to continue being a problem, but what are the solutions at our disposal?

Considering that increasing temperatures can cause power outages, drought, and heat strokes or death, there has been surprisingly little talk in mainstream media about what's being done in response. **The truth is that communities facing the worst impacts of heatwaves have already begun to implement unique and innovative solutions.**

When news outlets leave out the grassroots work being done to respond to these issues, it only lends to our climate anxiety and fatalism.

So, let's talk about some of these solutions



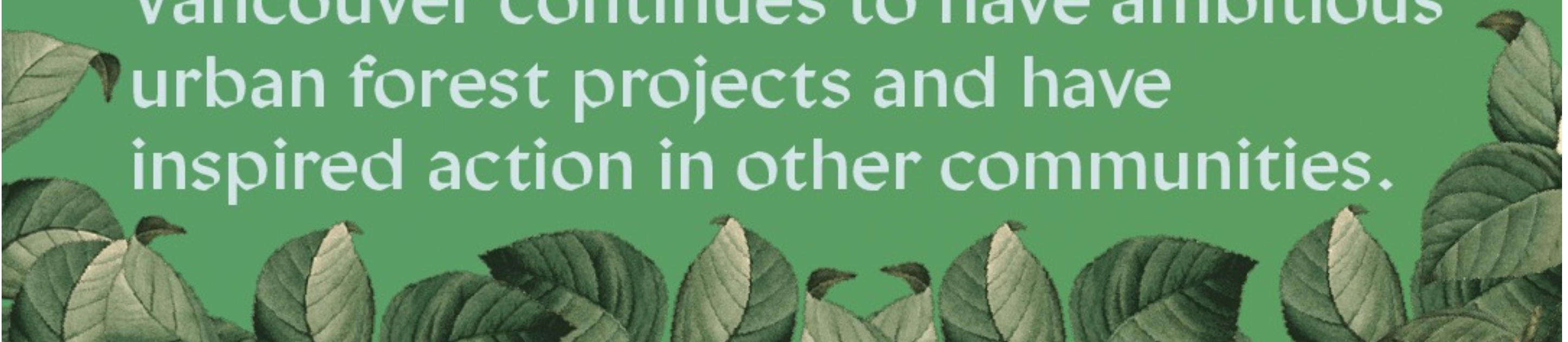


Urban Foliage Keeps Us Cool

In South Vancouver, marginalized communities were facing twice as many heat-related hospitalizations compared to more affluent neighborhoods. So, in 2014, the city launched a multifaceted response rooted in using urban foliage to reduce temperatures. The city banned residents from cutting down mature healthy trees on their property, subsidized an annual tree sale, and offered education programs around the benefits of foliage.



Trees also represent and offer multiple solutions. Increases in tree canopy can decrease the amounts of hospitalization for heat-related illnesses, because shade reduces surface temperature by 20-45 degrees F° and transpiration provides additional cooling. Trees also protect against more than heat. Studies have shown higher concentration of trees in human settlements leads to a drop in **everything from dementia and diabetes, to heart diseases and chronic depression.** To this day, Vancouver continues to have ambitious urban forest projects and have inspired action in other communities.





More Urban Cooling Initiatives

Cities in California are known for their heat and have had record heat waves, but did you know about the action being taken in response?

Los Angeles, CA has started to explore urban cooling initiatives. Some LA streets have been treated with **white cooling paint** and that's just one of many solutions being explored by groups like the Global Cool Cities Alliance. On the other side of the planet, Greece's signature white abodes in Santorini aren't only beautiful, they're tactical: **white surfaces keep a densely populated area cooler.**

These solutions are replicable. New York City has added white, reflective coatings to **more than 10 million square feet** of rooftop over the last decade, and Los Angeles has installed **more than 30 million square feet of cool roofs** as part of its new building code.



Community-Based Responses Have Saved Hundreds Of Lives

Even in large cities where heat waves can become intense and deadly, more and more lives are being saved. Ahmedabad, India is one of the biggest cities that is heavily impacted by heatwaves. After a 2010 heatwave where over 800 people died and bats and birds dropped from the trees because of the heat, India adapted and has helped lead the world in community-based heatwave responses.





How Ahmedabad Handled The Heat

Ahmedabad's heat action plan, the first version of which was published in 2013, concentrated on four key areas: **community outreach** through news outlets and social media like WhatsApp; **early-warning systems**; **special training for health care professionals**; and **preventive measures** such as installing drinking water stations in the city's slums, opening up temples, mosques and libraries as cooling centers, and providing ice packs to outdoor workers.

And it worked. 

Five years after the 2010 heat wave, when a similar heatwave hit India, **Ahmedabad had fewer than 20 fatalities**. We need to elevate these success stories if we want to understand the whole picture and empower others.





Many solutions are replicable...

...which makes it even more important for us to highlight them. For example, community-based social measures like those in India have found a home in NYC as well.

Since residents of the Bronx in NYC suffer more heat-related illnesses, hospitalization and mortality than those in the other boroughs, the “Be A Buddy” program was created. In 2018, The Point CDC launched this initiative in collaboration with the city government to identify vulnerable residents, like elderly people living alone and people with disabilities, and paired them with neighborhood volunteers that could give assistance during heatwaves.

According to an NYC-EJA report, 100 people enrolled and over 500 people were successfully reached during a summer heat wave in 2019.



Yes, temperatures are rising, but the people are rising up as well.

Solutions exist to mitigate the risk from heatwaves and the ones listed here only represent a fraction of the amazing work already being done.

Collaboration is constantly taking place at a local, and institutional level to deliver new solutions. **Highlighting the level of engagement happening in communities impacted by heatwaves is, and continues to be, key to creating a resilient climate future.** Around the world, solutions are being implemented that help protect the most vulnerable and improve peoples' health and wellbeing.

With increasing risk of challenging and even deadly heatwaves, we must demand to hear about these solutions - ***and more action to reduce climate emissions in the first place.***





Sources

**Heat Dome Hit These Vancouver Neighborhoods The Hardest -
Could Planting More Trees Save Lives?**

coastreporter.net/highlights/heat-dome-hit-these-vancouver-neighborhoods-hardest-could-planting-more-trees-save-lives-4328052

The Benefits Of Trees For Livable And Sustainable Communities

nph.onlinelibrary.wiley.com/doi/full/10.1002/ppp3.39

Global Cool Cities Alliance

globalcoolcities.org

LA's New Reflectives Streets Bounce Heat Back Into Space

reasonstobecheerful.world/reflective-white-streets-urban-heat-island-effect

**Heat Waves Kill More People Than Any Other Weather Disaster.
These Cities Have A Plan.**

huffpost.com/entry/heat-waves-cities-climate-change_n_5fad4e44c5b68707d1fcf7e4

**New York City Adapts To Deal With Projected Increase Of
Heatwaves**

epa.gov/arc-x/new-york-city-adapts-deal-projected-increase-heat-waves

**SOLUTIONS
JOURNALISM
NETWORK**



ELIN KELSEY
& company



Why We Deserve, And Must Demand, Solutions-Based Journalism and Evidence-Based Hope





Problem-oriented thinking has defined much of climate education and mainstream media reporting on climate issues. Unfortunately, not only is climate reporting only a small fraction of media, but **climate solutions** have been an even smaller and declining fraction of that reporting.

As climate disasters increase in frequency, and people around the world find themselves in turmoil, we will need access to solutions more than ever. That's why some are leading the call to change how we talk about and report on climate issues.





Environmental studies PhD and Author, Elin Kelsey, explores the need for evidence-based hope in her book, **“Hope Matters: Why Changing The Way We Think Is Critical To Solving The Environmental Crisis”**, and nonprofits like **Solutions Journalism Network** have created organizational identities around promoting climate solutions. Greta Thunberg recently pointed out, **“the climate crisis has already been solved”**, because we have the solutions at our disposal. Our next steps involve implementing them and sharing them as widely as possible, emphasizing the need for solutions journalism and evidence-based hope.





What is solutions journalism?

Solutions journalism is reporting that focuses on responses to social issues as well as the problem itself. There is growing evidence that media exposure leads to *fatalism*, a submissive outlook that nothing can be done. Raising awareness of solutions journalism becomes a powerful political tool to combat apathy and fatalist media.

Our stories of success matter. Our climate anxiety is valid and is also influenced by the incomplete information we're given. To empower people to act, we must prioritize evidence-based hope and solutions journalism.





What is evidence-based hope?

Environmental scholar and author Elin Kelsey describes it as a sense of optimism not rooted in wishful thinking, but **hope that is based on the progress that is being made and continuing to be made.**

As much as there are reasons to be anxious, fearful, or sad about climate change, there are similarly reasons to **be optimistic** about what will change and **feel prideful** about solutions being implemented. Recognizing both our problems and solutions is an essential feature of evidence-based hope.





More people are recognizing this need. A growing number of teachers have begun focusing their teaching on solutions to climate issues. Climate educators are engaging people through local solutions, as well as local problems, and creating opportunities for students to share their difficult feelings. Focusing on local solutions and issues can help students emotionally process the ways that injustice is affecting their lives and to identify communities of action that care about the same things they do, and that are achieving meaningful results.

The Climate Action Accelerator Program, for example, is a growing network of schools committed to achieving net-zero. It gathers students and teachers and helps them create and implement “**hope-filled, audacious plans**” in ways that inspire other schools to follow.





Being able to see and measure the progress happening in the global community can also help us understand **the level of action and change already taking place.** The **Climate Action Tracker**, known as CAT, is an independent scientific analysis produced by two research organizations tracking climate action since 2009. Their work helps to highlight the progress being made toward limiting global warming to below 2°C and pursuing efforts to limit warming to 1.5°C.

Project Drawdown offers another resource that highlights the wealth of climate solutions at our disposal and how those solutions are already being implemented.





While we can research solutions on our own, they should be highlighted equally to our challenges. **The Solutions Journalism Network** has helped lead a global shift in journalism, focused on what the news misses most often: **how people are trying to solve problems and what we can learn from their successes or failures.**

Solutions journalism follows this structure:

Response: Focuses on a response to a social problem – and on how that response has worked, or why it hasn't

Insight: What can be learned from a response and why it matters to a newsroom's audience

Evidence: Provides data or qualitative results that indicate effectiveness (or lack thereof)

Limitations: Places responses in context; doesn't shy away from revealing shortcomings





We can and must demand access to proven solutions.

Youth, nonprofits, businesses, activist groups, and frontline communities around the world are already taking action despite the difficulties. Our anxiety and uncertainty is rooted in the challenges we face, but exacerbated by the negative portrait painted. When we identify the evidence that gives us hope, we're inspired to act.

We must demand solutions. ✓





Sources

Hope Matters: Why Changing The Way We Think Is Critical To Solving The Climate Crisis, by Elin Kelsey
greystonebooks.com/products/hope-matters

Solutions Journalism Network
solutionsjournalism.org

The Psychological Empowerment Potential Of Solutions Journalism eprints.bournemouth.ac.uk/36462/

A Conversation With: Elizabeth Arnold
thewholestory.solutionsjournalism.org/a-conversation-with-elizabeth-arnold-3d57ad664970

Climate Action Accelerator Program
doornumberone.org/caap-menu

Climate Action Tracker
climateactiontracker.org

Project Drawdown
drawdown.org