CLIMATE ACTION WORKBOOK

For Healthcare Professionals



Clinically Sustainable Consulting LLC

INTRODUCTION

The escalating climate crisis poses a profound threat to global health, with far-reaching consequences for individuals and communities worldwide. Rising temperatures, extreme weather events, and environmental degradation are already impacting human health in myriad ways, from heat-related illnesses and respiratory diseases to food insecurity and mental health challenges. Paradoxically, the healthcare sector, while dedicated to healing and well-being, contributes significantly to the problem, generating a substantial carbon footprint through energy consumption, waste production, and supply chain emissions.

However, amidst this complex challenge lies an opportunity. Health professionals, respected for their expertise and compassion, occupy a unique position to drive meaningful climate action. As trusted voices in their communities, they can educate patients and colleagues, advocate for sustainable practices within healthcare settings, and influence broader societal change. Yet, despite a growing awareness of the climate crisis, many healthcare professionals find themselves unsure of how to effectively engage.

This workbook aims to bridge that gap, providing practical guidance and inspiration for healthcare professionals to become catalysts for a healthier planet and a healthier future.



ASSESS YOURSELF

Motivation: Why do you want to act on climate?

		Y	N
	Personal Development - become more informed about challenges (L)	◯	◯
	Engagement - become more personally active in climate change work (A)	◯	◯
	Community Building - get others more involved with climate goals (O)	◯	◯
	Equity & Justice - help people/communities who may suffer from disproportionate effects (J)	◯	◯

Reflection: Briefly reflect on your primary motivation and how it might guide your actions.

Interests: What kinds of activities bring you the most joy / fulfillment?

		Y	N
	Building or fixing things, or making things more efficient	◯	◯
	Researching and investigating the problem	◯	◯
	Creating art or media that inspires people to take action	◯	◯
	Working with people directly to understand the challenges	◯	◯
	Influencing policy or other systemic change	◯	◯
	Organizing groups or events to increase awareness and action	◯	◯

NOTES:

ASSESS YOURSELF

Resources: What do you already possess that you can commit to this work?

	Y	N
Knowledge/skills - expertise in climate, health, and/or activities related to mobilizing action	◯	◯
Relationships - organizations/ associations I am already a part of	◯	◯
Funding - direct / indirect access to financial support	◯	◯
Influence - what connections do I have to make changes	◯	◯

NOTES:

Commitment:
How much can you realistically commit to climate action right now?

	Y	N
One time / ad hoc - I'm not looking to make an ongoing commitment at this time (A)	◯	◯
Ongoing - I'd like to devote some ongoing time, attention, and / or resources to action (O)	◯	◯
Substantial - I'd like to see this become a greater ongoing focus of my current role / profession (S)	◯	◯
Transformational - I'd like to transition as much of my career / vocation in this direction as possible (T)	◯	◯

Reflection: What is your current capacity (time, energy, etc.) and how it might evolve over the next few months?

ASSESS YOUR NETWORK

Who is in your ecosystem?
(List the key stakeholders who can help accomplish your goals.)

Professional (ex: employer, professional societies, etc.)	**Community / Personal** (ex: friends, neighbors, elected officials, etc.)

What do these people care about?
If you were speaking the language of your key stakeholder, what words or metrics would you use?

Reflection: What skills would you need to develop to feel comfortable or confident communicating or working with these stakeholders?

ASSESS YOUR NETWORK

Think about the organizations and groups you are already a part of.

Groups that sustain you.

List the groups that help build you up and give you energy.



Leveraging Groups

List the groups you already belong to that could influence larger climate action.



Pick one of these groups... Which person or people are the “champions” who can help make climate action a priority for this group?

Which tools, resources, or information would this group need to create and enact a sustainability strategy?



FIND A GROUP

Use the QR code to link to our table showing organizations and opportunities. Do any of these align with your personal goals, motivations, and interests?

List those groups here. How might you want to engage with these groups?

SUSTAINABLE SELF-CARE

The urgency and magnitude of the climate crisis can be overwhelming, especially for healthcare professionals who witness its devastating health impacts firsthand. Engaging in climate action, while critical, can also be emotionally taxing and lead to burnout. Therefore, prioritizing self-care is essential. By taking time to recharge, manage stress, and cultivate resilience, healthcare professionals can sustain their commitment to climate action and avoid compassion fatigue. Remember, advocating for a healthier planet requires a healthy advocate.

WHO UNDERSTANDS ME AND MY PASSION FOR A LIVABLE PLANET; WHO CAN COMFORT ME AFTER A HARD DAY?

WHAT SHOULD I SAY TO MYSELF WHEN I AM HAVING A DIFFICULT TIME?

WHAT SHOULD I AVOID DOING WHEN I AM HAVING A HARD DAY?

WHAT CAN I DO (THAT IS GOOD FOR ME) WHEN I FEEL OVERWHELMED OR UPSET?



ADDITIONAL NOTES

Get in touch

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