



RACHEL SIETZMA PRESENTS

MANAGING ECO-ANXIETY

TURN OVERWHELM INTO EMPOWERMENT



Hi everyone, the Zero Waste Festival has been **POSTPONED** - we didn't want to, but hey we're in the middle of a pandemic here - more below.

But hold this space and keep the date of June 12th @10am available, because we've planned something special - online.

Mangaging Eco-Anxiety

FREE online workshop

Everyone is feeling this pandemic pause, in different ways. You might be putting on a strong face for others. Maybe you're giving care to those who need support, or you have kids schooling from home. And on top of that there's the work situation and doing what you can to be waste-conscious. Yes, it's a lot to keep thinking about.

Are you

- Trying to reduce waste and keep living sustainably
- Feeling limited with the pandemic situation
- Supporting the wellbeing of others
- Frustrated with the excessive waste people create
- Worrying about, or overthinking this, again and again

Zero Waste Victoria with Rachel Sietzma from UchangeU will hold a mindfulness session to help refocus your inner eco-warrior, and rebalance the calm to find the strength you need as we face the stressors, anxiety, frustration and all the rubbish that the pandemic has thrown our way.

This online session is FREE to attend. You're welcome to forward this to someone who you think might benefit from this session.

Managing Eco-Anxiety Workshop Details



Zero Waste Festival Postponed

To keep you updated, we have several date options from the venue in July/August. But for now, we're waiting and following Government advice to minimise risks, and to avoid the need to reschedule again. We hope to announce the new date next week.

This year's Zero Waste Festival's aim is to reconnect community and provide festival goers with inspiration to rethink waste, as we bounce back from the pandemic.

Unfortunately, transferring this online would just not be the same, and we think waiting a month or so, will be worth it.

Hope to see you at the Managing Eco-Anxiety Workshop online, which we are holding as a single session on the day.

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