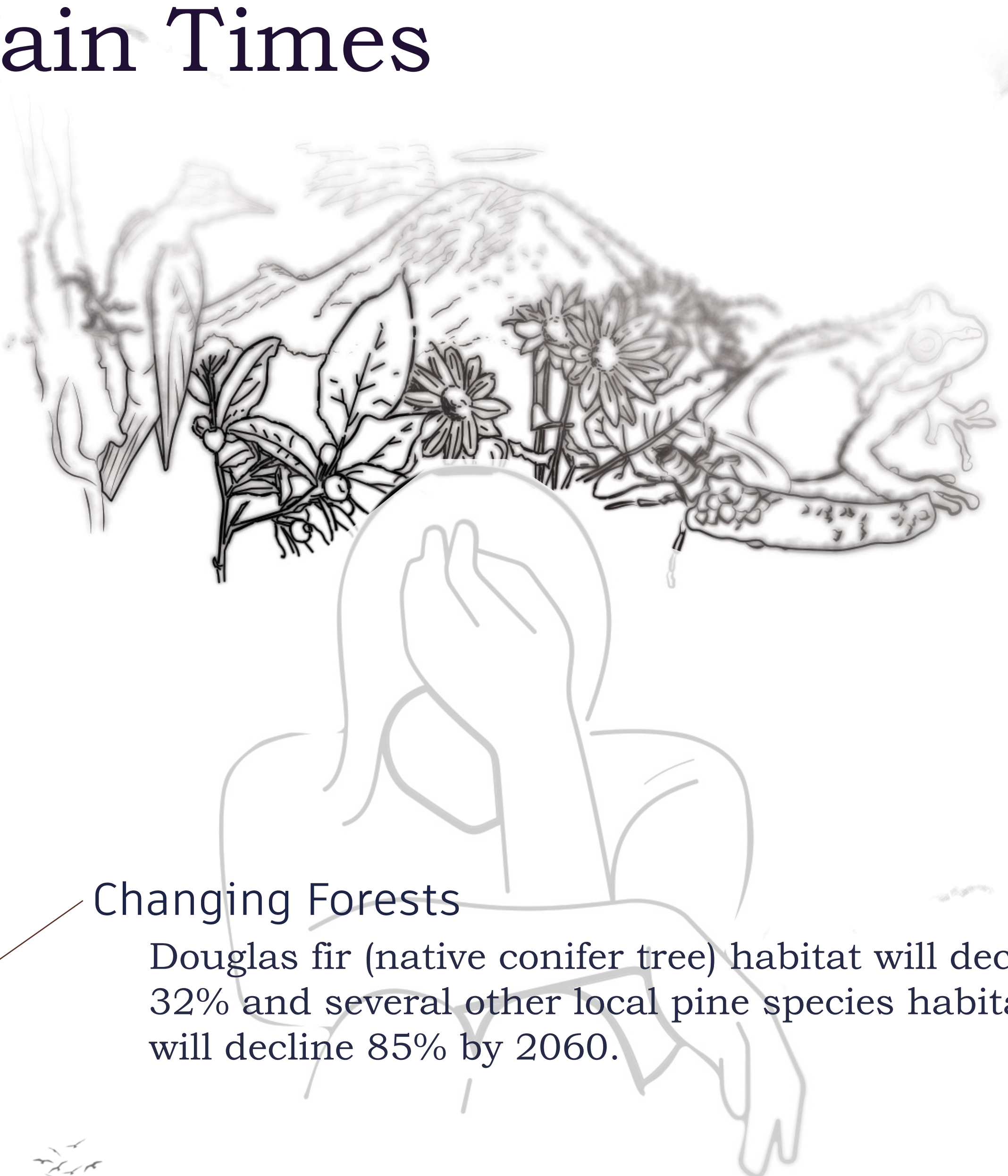


Enter the Forest: Radical Landscapes for Uncertain Times

Urban forest provide...

- Habitat for birds and small mammals
- Thermal control and reduced energy costs
- Improved mental well-being and physical health
- Carbon storage and oxygen production
- Decreased stormwater runoff (less flooding and pollution)
- Food and foraging

Urban forests, both trees and their understory including soil, contribute many critical benefits for human and more-than-human inhabitants.



Environmental Grief (or “Solastalgia”)

The sadness and anticipated feelings of loss we feel over disappearing ecosystems, species and landscapes due to changing climate and ecological systems.

“The persistent grief we feel for our world, reminds us to honor the sanctity of life wherever we find it. To hold even tighter to our values, and to resist with all we have any act that threatens to extinguish the life that remains.” -Jennifer Atkinson

Changing Coastlines

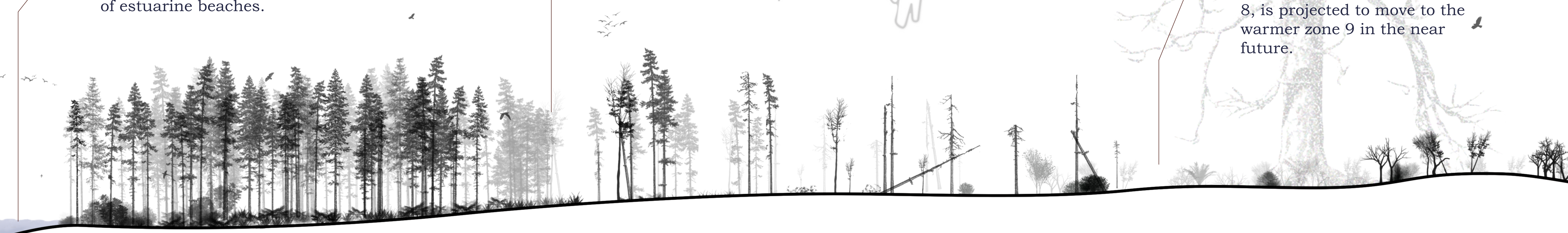
By 2100, Oregon and Washington are expected to lose 44% of tital flat, 61% of tidal swamp, and 63% of estuarine beaches.

Changing Forests

Douglas fir (native conifer tree) habitat will decline 32% and several other local pine species habitat will decline 85% by 2060.

Changing Species

Climate is expected to generally shift warmer latitudes to the North. Seattle, in growing zone 8, is projected to move to the warmer zone 9 in the near future.



Native Species Loss and Population Decline

Abundance of native species has declined by 20% since 1970
Over 40% of insect species are threatened with extinctions.

Coping with Eco-Grief? So are we.

“Grief is a sign of compassion and connection with the living world.” - Jennifer Atkinson

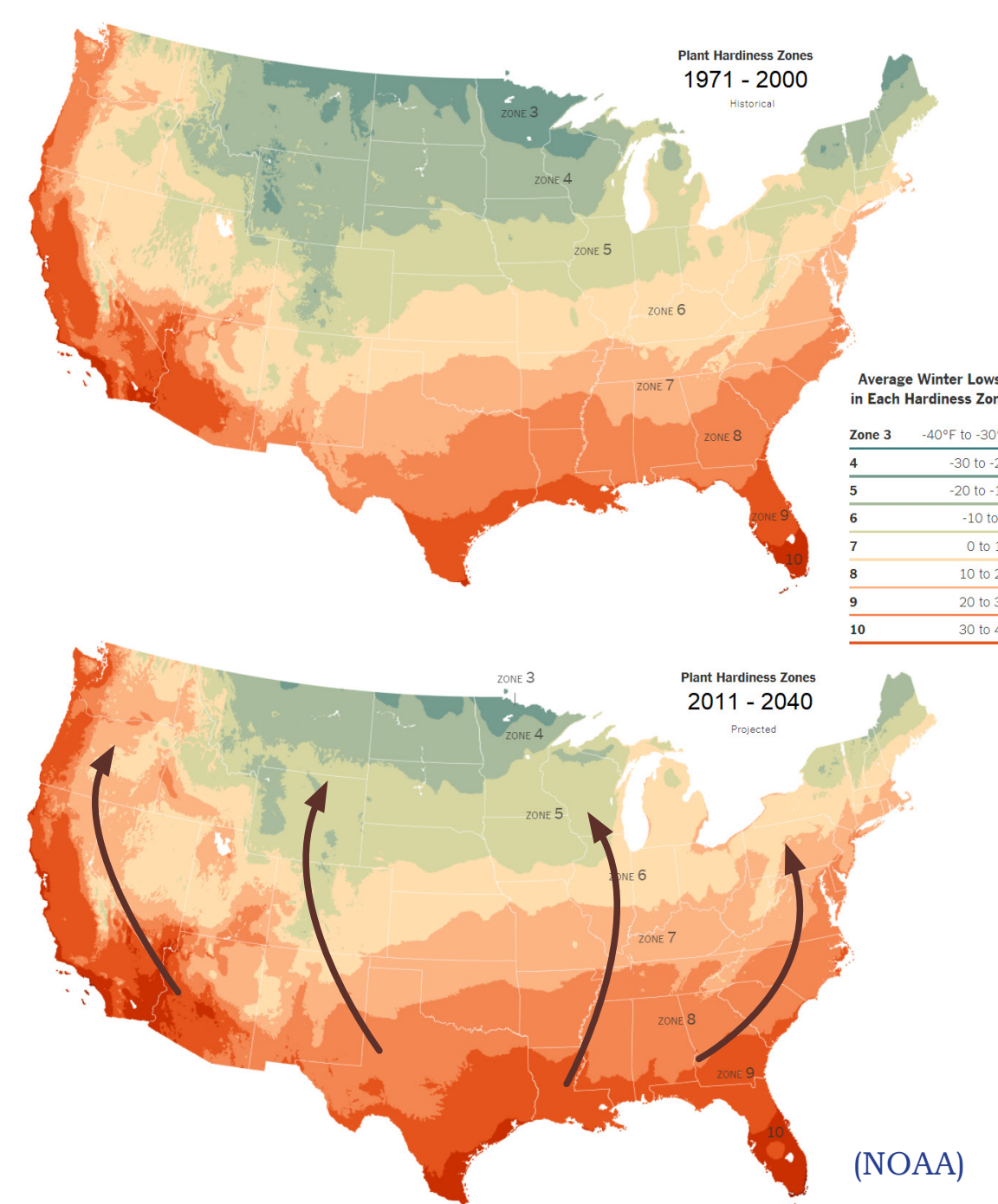
You may be feeling pretty down and anxious about the environment and its current state right now. Accepting and acknowledging the scientific facts motivates us into action. Here are some suggestions we can offer to relive environmental grief and promote change:

The Beneficiaries



Lupinus oreganus (Oregon lupine)

This threatened species of lupine will benefit from extended droughts. Though continued habitat destruction by human development may still prove fatal.



The Imperiled



Gaultheria shallon (salal)

A major understory species, Salal habitat is expected to decline in this region.

- practice lament

Lament rituals, while out-of date, are human-ways of healing. Reaching into the creative side of your brain, they allow you to capture your emotions in the present moment.

- find solace in natural spaces

Being out in nature has been scientifically proven to improve people’s moods. Take a walk through the forest or tend to a garden/ planted space with beautiful native species!

- focus on what you can control and your part

Taking action is a huge step we all could take. This includes joining volunteer projects that restore damaged landscapes, voting for environmental change or donating to climate action groups.

- connect with your community

Joining groups that work towards climate action or simply talking through it in circles where eco-grief is the center of conversation gives people a sense of belonging and helps with feelings of loss and loneliness in these times.