

Healing Ourselves Alongside Country



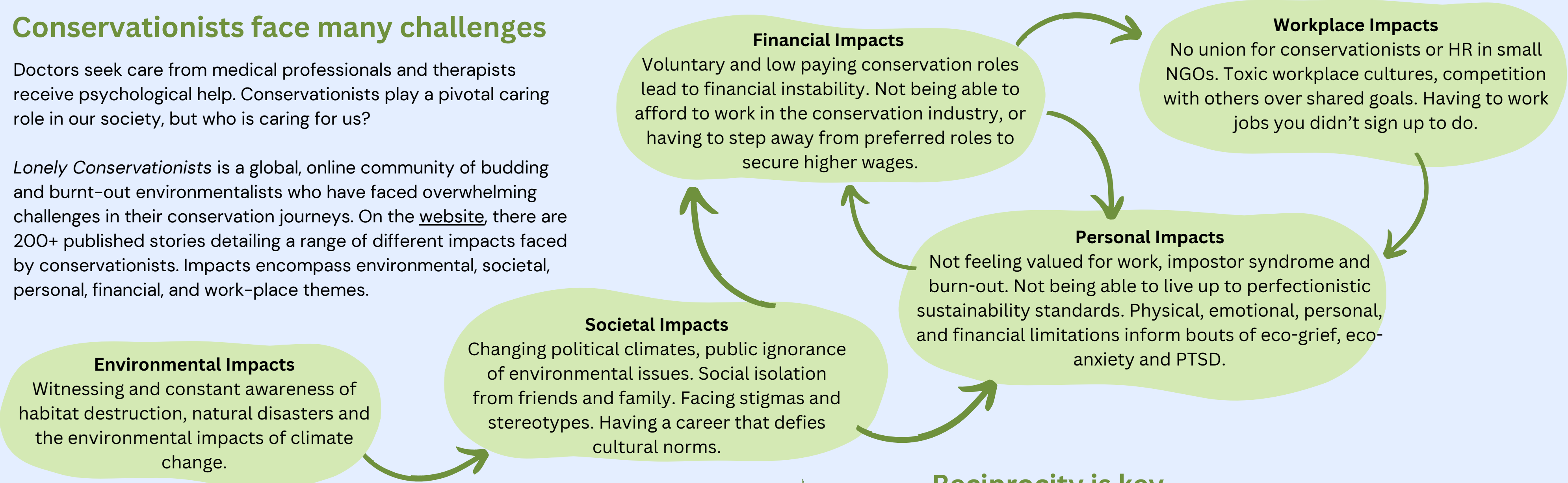
Jessie Panazzolo | Lonely Conservationists & Conservationist Care

Jessie@lonelyconservationists.com | www.lonelyconservationists.com | www.conservationistcare.com

Conservationists face many challenges

Doctors seek care from medical professionals and therapists receive psychological help. Conservationists play a pivotal caring role in our society, but who is caring for us?

Lonely Conservationists is a global, online community of budding and burnt-out environmentalists who have faced overwhelming challenges in their conservation journeys. On the [website](#), there are 200+ published stories detailing a range of different impacts faced by conservationists. Impacts encompass environmental, societal, personal, financial, and work-place themes.



There is help available

As a result of the numerous stories shared by environmentally-concerned individuals around the world, we have been able to identify some positive actions that conservationists can take to care for themselves.



Reciprocity is key

Colonial societies often forget that humans are a part of Earth's ecosystems. Ecosystems rely on reciprocal exchanges between biotic and abiotic players, each benefiting from and providing for others. To care for ourselves, we must remember this reciprocity and take time to feel cared for by Country as much as we care for it in return.



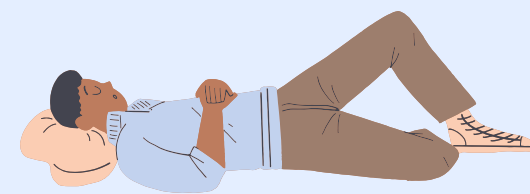
Seek help from a climate-aware psychologist



Surround yourself with like-minded individuals



Diversity is key, the reasons you feel like an impostor are why the industry needs your perspective



Rest is productive: a sustainable you leads to sustainable work



Listing your skills can be a great way to identify your strengths and advocate for career opportunities



Remember that there are so many passionate conservationists and the world is not on your shoulders alone