Prepare for COP31

Whether you're joining negotiations, running a side event, working on the Action Agenda, or supporting your team, take a few minutes to notice what already helps you handle pressure and recover. Try this before COP31, on a rest day or in the hour before something demanding. Pick one question and write down one thing you want to draw on.

We invite you to explore the **six dimensions of resilience** through six simple questions to reflect on your strengths, recognize what you need, and strengthen your resilience during COP31.

1. Social support

Who you can turn to

When have you felt well supported during a demanding period? What did that person or community do that helped, and how could you reconnect with that support at COP31?

2. Self-efficacy

What you know you can do

Think of a difficult moment you handled better than you expected. What strength did you use, and where could you use it again at COP31?

3. Optimism

Seeing what's still possible

What have you seen recently that gives you reason for hope, and how could you remind yourself of it on a hard day?

4. Self-regulation

Finding your footing under pressure

What's one early sign that you're reaching your limit, and what has helped you feel steadier when you've noticed it before?

5. Solution and future orientation

Having a way forward when plans change

When something didn't go to plan before, what helped you find a way forward? How could you use that same approach if you feel stuck at COP31?

6. Meaning and values

Remembering what matters to you

What person, place or value reminds you why this work matters to you? How could you keep that connection close on a demanding day?

Further Reading

Kunzler, A. M., Helmreich, I., Chmitorz, A., König, J., Binder, H., Wessa, M., & Lieb, K. (2020). Psychological interventions to foster resilience in healthcare professionals. *Cochrane Database of Systematic Reviews*, (7), Article CD012527. https://doi.org/10.1002/14651858.CD012527.pub2

Reichhart, T., & Pusch, C. (2023). *Resilienz-Coaching: Ein Praxismanual zur Unterstützung von Menschen in herausfordernden Zeiten*. Springer. https://doi.org/10.1007/978-3-658-37432-7

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Stay Grounded during COP31

For long days, difficult conversations and the moments in between. When climate talks touch on losses close to home, it can help to plan how you'll care for yourself and who you can turn to.

Before a long day

Set an intention. What quality do you want to bring today? Choose something that helps you reconnect with it later: a sensation, a value or a place.

Plan for the basics. Bring water and food. Make time for a meal and protect time for sleep.

Agree on a backup. Who can cover if you need to step out?

During an intense meeting

Notice early signals. Are you losing focus, getting tense or going quiet?

Pause and notice. Feel your feet on the floor or notice one breath. What would help you respond right now?

Choose the next step. What matters most right now? Ask for a pause or hand over.

After a difficult session

Mark the transition. As you wash your hands, feel the water and take a moment before moving on.

Check in. What's still weighing on me? What needs a follow-up?

Make room to rest. Write down what can wait until tomorrow.

Getting through COP31 together

Ask what helps. How do I look when I'm overloaded? What support would I want?

Share the load. Rotate late sessions, share notes and protect meal breaks.

Make participation easier. Check who needs interpretation or a quieter space.

Support each other. Learn from each other.

Support can come from community, a language you feel at home in or a practice you know well. Ask what helps, share what works for you and make it easier for others to take care of themselves.

Further Reading

Chapman, D. A., Trott, C. D., Silka, L., Lickel, B., & Clayton, S. (2018). Psychological perspectives on community resilience and climate change: Insights, examples, and directions for future research. In S. Clayton & C. Manning (Eds.), *Psychology and climate change: Human perceptions, impacts, and responses* (pp. 267–288). Academic Press. https://doi.org/10.1016/B978-0-12-813130-5.00011-4

Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39(3), 281–291. https://doi.org/10.1017/S0048577201393198

World Health Organization. (2020). Doing what matters in times of stress: *An illustrated guide*. https://www.who.int/publications/i/item/9789240003927

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