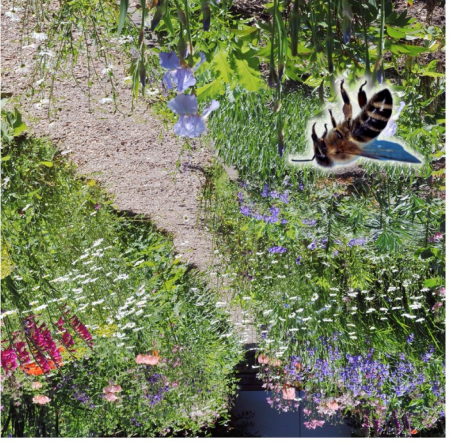


Book: *Climate Action Handbook*
by Heidi Roop

Foil window covers to reflect heat,
water spray bottles for cooling, heat
pump, solar panels, white roof, water-



Home & Garden

**www2.gov.bc.ca/gov/content/safety/
emergency-management/preparedbc
&
www.getprepared.gc.ca**



Go Bag & Emergency Kit

www.stormsignals.ca/relaxation
Deep breathing, relaxation tools,
meditation walks, kindness



**Stress Management
& Relaxation**

www.stormsignals.ca/supportgroups
Ideas, plans and who will need help.



Support Groups

Lifestyle Changes



Walk, jog, bike, buy quality second-
hand gear, eat a plant-based diet

Book: *The Day the World Stops Shopping*
by J.B. MacKinnon

Call to Wider Action



Join an activist group. Advocate for
Change. Channel stress into action.

Podcast: *CBC What on Earth?*

**Storm Signals:
A Climate EmergenZine**

An eight-page tiny
climate change magazine

To learn more about the topics of this
zine, or to obtain further copies, visit
www.stormsignals.ca

OR
scan the QR Code



**BEFORE
The Knock at the Door**



**Storm Signals:
A Climate EmergenZine**