

Examples of decisions and actions under the 4R's Framework



Framing

- The questions are the important thing – look within before looking outside for answers. We haven't listed answers under the R's of Re-Imagining and Reverence here, as they are entirely yours to reflect on!
- Answering the Questions for yourself is a pretty good way to live – no matter what may be coming our way
- Collapse and unravelling is a process – not a single event
- These questions are not about "How can I turn all this around, and go back to Business As Usual" – but rather "How can I deeply adapt to what is likely to be a very different future?"
- For **Resilience and Relinquishment**, some of these ideas could be called 'outer' – practical things that will help us to adapt, save what we can, and soften the landing. Or at least not make things even worse. Other ideas could be called 'inner': things that will allow you to act with courage, resilience and creativity and maintain your levels of well-being as you navigate what might be a very different way of life. Outer and Inner are never really completely separate though.

Resilience

OUTER

- Find your tribe – network, create relationships, get to know your neighbours now, share ideas
- Get as fit and healthy as possible
- Reduce debt as much as possible
- Get feedback on your lifestyle – carbon footprint/impact assessment
- Hyper-local access – water, food, energy, waste management
- Growing food – veggies, fruit
- Reduce, reuse, recycle, repurpose, repair
- Reduce food waste and compost the waste you produce
- Reduce water consumption
- Feeding others, eating together
- Ownership of Local Energy
- Community swapshops and gift economy – see for example www.buynothingproject.org
- Learn about Doughnut Economics <https://www.kateraworth.com/doughnut/> especially the important work now being done to bring this to local scale: <https://doughnuteconomics.org/tools-and-stories/22> and <https://goodlife.leeds.ac.uk/>
- Learn about “20 minute neighbourhoods” <https://www.tcpa.org.uk/the-20-minute-neighbourhood>
- Citizens’ Assemblies at community level
- Shelter (see tiny house initiative)
- Hand-made life, eco-village style living
- Changing how we educate children (so they learn the skills they’ll need in a different future)
- Make do and Mend – including restoring old crafts
- Art, Storytelling, Poetry, Singing, Music and Dancing

INNER

- Stay open to your feelings as they arise and change – don’t numb. (could be a broader nudge rather than a specific 'to do' such as the consciousness raising point below which seems to speak to this)
- Create support networks with people you trust
- Finding and developing local people with talents, including facilitation and community-building
- Find a spiritual practice that resonates with you.

- Consciousness raising and re-connecting people with inner wisdom, meditation, spiritual practices, martial arts, yoga, prayer, silence, rituals, celebrations
- Find or become elders, teachers, guides, mentors
- Learn about Conflict Resolution and Non-Violent Communication
- Hygge (Danish concept for a feeling of cozy contentment and well-being through enjoying the simple things in life)
- Explore Deep Adaptation Forum website: <https://www.deepadaptation.info/>
- "The Edge" Retreat. Facilitated by Kimberley Hare, this four-day free retreat designed to strengthen your resilience, wellbeing, courage and creativity in the face of our predicament. Free to all. See Upcoming Events.

Relinquishment

OUTER

- Out of season food
- Flying and Unsustainable Tourism
- Meat and Animal Products?
- Consumerist Lifestyle – including shopping for non-essentials (esp. fashion) e.g. #idontbuyit Global Action Plan
- Infinite economic growth
- Petrol or Diesel Car
- Latest technology or upgrades
- Traditional educational curricula
- Secure pension

INNER

- Hyper-individualism
- Our stories about identity (e.g. my worth comes from my role, my career, my life-style, my bank account, my qualifications)
- Instant gratification
- Hope (about returning to 'business as usual')
- Judgement and 'Othering'
- Adversarial politics
- Delegation (somebody else will sort this out)
- Guilt, Ego and Perfectionism
- Anthropocentrism - The idea that humans have dominion over all nature

Restoration

- Rewilding, permaculture, regenerative agriculture, locally grown food
- Repairing and repurposing; Restore old crafts, e.g. woodworking, crafting
- Seeds - food
- Seeds of Knowledge – libraries, sharing knowledge and skills
- Assisted migration (moving trees and plants further North through seeding)
- Connecting with Nature (seeing that we aren't separate from it)
- Walk, run, cycle
- Learn from indigenous cultures and wisdom traditions
- Shared rituals and celebrations, live music
- Community living, food growing, and eating

Reconciliation and Reconnection

- Build social cohesion and resilience in neighbourhoods
- Consciousness Raising and Spiritual Development
- Reconciling with our own death, including any regrets, anger, unresolved conflict. Making our own peace. Climate Cafes and Death Cafés.
- Reconciliation between peoples, genders, classes, generations, countries, religions and political persuasions
- Intergenerational dialogue
- Making beauty
- Gratitude
- Curiosity and compassion for differing views and opinions
- Meditation, Prayer, Circling