



# GROWTH POINTS

## Newsletter

As we move into a new season, we're pleased to share the latest updates from Revive, a working group dedicated to supporting the well-being and resilience of conservationists and environmentalists.

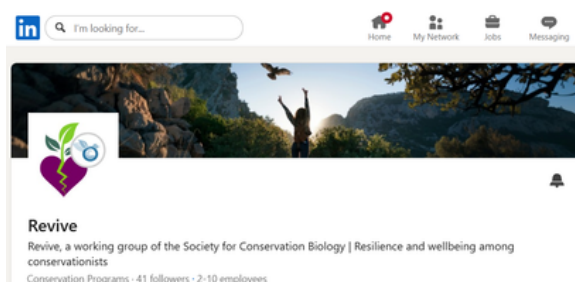
Conservation work is deeply meaningful, but it can also be emotionally demanding. Revive was created to help address the psychological, social, and structural challenges faced by those working to protect biodiversity and ecosystems. Through this newsletter, we aim to connect our community, share practical resources, and highlight initiatives that strengthen both individual and collective resilience.

Our committees are starting to advance this mission in diverse ways. We're developing research and knowledge-sharing initiatives that explore mental health in conservation spaces, community-building efforts that foster peer support and dialogue, and resource development that curates tools, trainings, and evidence-based guidance. Each committee plays a vital role in strengthening our field from within. We also spotlight collaborations, events, and opportunities to engage with a growing global network of practitioners committed to sustaining both the planet and the people who care for it. We hope this newsletter serves not only as an information hub, but as a reminder: caring for ourselves and each other is an essential part of conservation.

### In this newsletter:

- Revive committee updates
- Upcoming activities
- Resiliency resources

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# Revive Committees



1

## Evidence & Impact Committee

- Deepen understanding of conservationists' resilience needs
- Identify evidence for best practice
- Identify research needs and gaps
- Nurture growing research community on conservationist wellbeing

2

## Care committee

- Provide and organise emotional support
- Develop wellbeing resources list
- Develop directory of mental health practitioners
- Organise wellness workshops
- Form peer support programs

3

## Amplification Committee

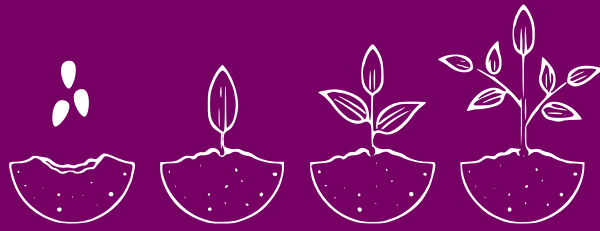
- Extend the reach of Revive within conservation community
- Organise gatherings including webinars and storytelling events
- Assist in communications
- Assist in outreach activities

*Our committees provide the ideal opportunity to engage in collaborative ways to organise research, events and programming to support the wellbeing of conservationists.*

## Current Activities

- Our Care and Amplification committees have merged due to close alignment in practice and programme planning. The committees met three times during January and February to develop a structure and plan logistics for hosting **future wellness workshops and peer support groups**. The next meetings for this committee are scheduled for March 18 and April 2. If you would like to share your ideas or join the committee, please reach out to Olivia Davis on [ondavisl@asu.edu](mailto:ondavisl@asu.edu).
- Our Evidence and Impact Committee have started to compile **literature on eco-emotions, resiliency, and wellness practices** with the goal of add even more valuable resources to Revive. This will also help set us up for future projects and scaling up our impact. The next meeting for this committee is scheduled for 11 March. If you would like to contribute to our literature compilation or join the committee, please reach out to Risa on [rschnebl@asu.edu](mailto:rschnebl@asu.edu).

# Resiliency Resources



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*To provide ongoing support for our members and conservationists, we have added a **Resources** page to Revive's website, making a variety of resources available to all.*

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## **Resilience community:**

Check out **[Ocean Hoptimism](#)**, a vibrant gathering in the San Francisco Bay Area, uniting people who care about ocean conservation over some delicious local craft beer.



## **Healing practices:**

**[Healing Through Nature: Yoga Practices Inspired by the Outdoors](#)** offers guidance and techniques to those looking to reconnect with nature in their yoga practice.



## **Recognizing the need for communities like Revive:**

Conservationists around the world share their stories of heart-ache in this recent piece by Mongabay, **['An epidemic of suffering': Why are conservationists breaking down?](#)**

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## **Become a member of Revive & receive our newsletter by clicking [here](#)**

If you are an SCB member, please ensure Revive is added into your membership portal. This [quick video](#) shows you how to do this. Remember there is a free Associate membership option for those who are a part of the Revive community but, for a variety of reasons, cannot join SCB as a Full Member. Learn more about how to make sure you're fully registered [on our website!](#)

**Questions? Reach out to us:**

**[reviveconserve@gmail.com](mailto:reviveconserve@gmail.com)**

[www.reviveconservation.org](http://www.reviveconservation.org)



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# Closing thoughts



## What we're enjoying...

[Yoga: The Essence of Animal Ethics, Kinship, and Rewilding](#)

[The Psychology of Resilience: Seminar series](#)

[The Seduction of Despair, the Persistence of Possibility](#)



## Guided Meditation

[From the Paris Climate Summit](#)

[By Thich Nhat Nanh](#)

Breathing in I know I am in love with this beautiful, bounteous, life-giving planet we call Mother Earth

Breathing out I know each one of us carries the Earth within every cell of our bodies

In Love with Mother Earth

Earth is within every cell of our bodies

Breathing in, I realise that the Earth is not just our environment. The Earth is not something outside of me

Breathing out, I know that the Earth and I are one

Earth is not something outside of me

The Earth and I are one

Breathing in with mindfulness, I contemplate my body and realise that I am the Earth

Breathing out, I know my consciousness is also the consciousness of the Earth

Realise that I am the Earth

My consciousness is also the consciousness of the Earth

Breathing in, I know that cherishing Mother Earth is not an obligation

Breathing out, I know it is a matter of personal and collective happiness and survival for me and all beings

Cherishing Mother Earth is not an obligation

A matter of personal and collective happiness and survival for all beings

Breathing in, I see that all that is needed for global healing is present within me and all around me

Breathing out, I feel immense gratitude for this miraculous power of transformation

All that is needed for global healing is present within me

Feeling gratitude for this power of transformation present within me



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