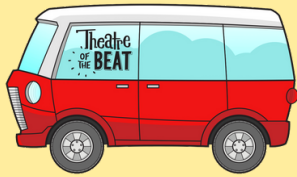


# THEATRE OF THE BEAT

Staging Change since 2011

## WHO IS TOTB?



Theatre of the Beat is a Canadian touring theatre company working to catalyze conversations on social justice and its intersection with the beliefs of the communities in which we find ourselves. Since 2011, we have been staging change across the globe by creating original social justice theatre and workshops for underrepresented populations.



## WORKSHOP OBJECTIVES

**Objective #1:** Increase awareness among participants of the prevalence and impacts of climate depression and eco-anxiety, and teach how to recognize signs and symptoms of anxiety, depression, and other challenging emotions.

**Objective #2:** Equip participants with tools to respond when the topic of climate change feels too daunting, as well as steps on how to reach out to mental health professionals for support when necessary.

**Objective #3:** Empower participants with confidence to set healthy boundaries, practice self care, and avoid burnout when engaging in climate action.

## PAST WORKSHOP REVIEWS

"If you who are serious about equipping your community with practical, compassionate skills needed to mitigate harm, and support mental health, I would truly recommend this workshop."

— Johnny Wideman, Executive Director of Willowgrove

# MENTAL HEALTH AND THE CLIMATE CRISIS

## Interactive Theatre Workshop

The topic of climate change can feel overwhelming. This is why Theatre of the Beat has created a workshop addressing how climate anxiety and depression can affect our mental health, exploring how we can process our emotions and gain tools to continue our climate activism while avoiding burnout.

## Activities

### Self Care Exercises

- Drama improvisation game exploring how to set healthy boundaries
- Grounding exercises to manage stress and difficult emotions

### The Window of Tolerance

- Discussion of fight / flight / freeze responses in relation to "the Window of Tolerance."
- Movement exercise exploring participants' personal emotional responses to the climate crisis

### Drama Role-Play

- Dramatization of short scenarios depicting characters struggling with eco-anxiety, overwhelm, and depression. Using the "Forum Theatre" method, participants will offer suggestions to the problems and act out their solutions in real-time.

## REQUIREMENTS:

<b>TIME:</b>	1.5 hrs (flexible)
<b>TECH:</b>	Projector screen
<b>SPACE:</b>	Empty space with chairs
<b>PARTICIPANTS:</b>	Approx. 30+
<b>AGE RANGE:</b>	Teen - Adult
<b>INSTRUCTORS:</b>	1 Facilitator / 30 participants

## PRICE:

<b>BASE:</b>	\$350
<b>30+ PARTICIPANTS:</b>	+ \$125 to cover additional facilitator

Price is flexible; we can make accommodations to help overcome financial barriers.

## BOOK A WORKSHOP:

<b>EMAIL:</b>	<a href="mailto:info@theatreofthebeat.ca">info@theatreofthebeat.ca</a>
---------------	--



(647) 622-2328



[info@theatreofthebeat.ca](mailto:info@theatreofthebeat.ca)



[theatreofthebeat.ca](http://theatreofthebeat.ca)