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While it's difficult for humans to sit with discomfort, she continued, "that is really our task in this crisis—to get more comfortable at being uncomfortable" and transform those emotions into a courageous commitment to climate work.

It's certainly not easy work—as Wray writes in *Generation Dread*, "facing your fears and authentically committing to the belief that it isn't too late to strive for better futures is long and exhausting work that requires all forms of care."

But it's work that will lead to a greater wellbeing.

"We are here for a brief moment of time and can maximize our experience of this in many ways, including through climate work," she said. "While the situation is not good and not ideal, it's not the worst case scenario of what we can be facing, and we are in a game of preventing harm, which is always worth it."

Wray's advice for those wanting to do what she calls "the work of our lifetimes" is to take personal stock and find where they fit.

"These kinds of explorations of what brings us love, power, joy ... [and] making the most of our time [here] are important ingredients for identifying the type of work we're going to do with others."

Britt Wray says, "The worst outcomes are not inevitable, and much still can be healed."

That's how Wray found herself at the forefront of this work, which has helped her learn how to manage her eco-anxiety while proving both personally and professionally fulfilling.

"It's very rewarding when people reach out who say that the work I'm putting out has helped them understand what was formerly making them feel insane," she said. Stanford has embraced her research in this burgeoning field of study, she added, and is "really taking it seriously." Through this work, she and her team have engaged in activism-based scholarship, expanding upon the traditional lane of a researcher into one who connects with policy makers, politicians and media.

She and her partner, Sebastian, decided to become parents, and Wray says she does have hope for her son's future and the future of his generation. *Generation Dread* was one of her first gifts to him.

"To Atlas," she writes, "and every soul who is overwhelmed by this crisis yet refuses to look away."