**Climate Changes Demand We Passionately Wonder, And Feel Awe, And Then Obsessively Change Our Lifestyles**

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[Edit Post ‹ Abbey Strauss, M.D. — WordPress.com](https://wordpress.com/post/abbeystrauss.wordpress.com/2892)

Two domains of climate change exist. The first is that we now must alter which human behaviors damage our climate. The second is to study the larger natural process over which we have no control, but for which we must prepare.

Both domains require lifestyle changes. Both require realizing the earth is living and not static. Our existences depend and also vary with the Earth’s predictable changes. But now we, as amazing as it may seem, are actually adding to the second group of changes by modifying variables outside of the natural turntable of normal earth fluctuations. Revisit high school physics: the ice caps melt as we warm the atmosphere, so the placement of the planet's 'mass' shifts away from the poles, which alters our tilt and our revolutions. Studies now indicate that the massive pumping out of groundwater has also shifted the mass placements of our planet. Simplistically, think of an ice skater who twirls and then brings their arms closer to their torso – they pivot much more rapidly.

Psychologically this intrigues me because I am so small in comparison to the earth, so how can I, as just me, alter such a massive entity? Individually I don’t. Conjointly we do. Therefore, the unavoidable challenge is for all of us to join in changing our lifestyles to improve the earth’s health. We must furthermore also develop thinking and lifestyle changes that make us resilient to the normal climatic cycle changes that have come and gone, and will come again, to the biosphere of our planet.

The earth is suffering from our lifestyle in the same manner as so many humans suffer from diabetes and obesity. Let’s rethink this and aim to prevent maladies and not selfishly seek medicines that accommodate unhealthy lifestyles.

Political policies can engender and serve as models for the re-setting of lifestyles. Years ago, the Bible recommended that every seven years the fields not be planted to allow the earth to rest, replenish, and heal. Today’s lifestyles – by our choice -- do not permit that. Consider travel. It never needed fossil fuels – we rode horses, walked, or used sails full of wind. Much of our current science is asked to enhance our lifestyles at the expense of the Earth’s lifestyle. The Earth will win because its needs will ultimately prevail.

The immediate approach is to educate and infiltrate the way we think about our relationship to earth, so to delay or mitigate any climate changes occurring because of our activity. The notion should not be to bury our waste – carbon dioxide is a waste product of our lifestyle  - but to produce less waste. It may also be that our earth is incapable of handling our population size. Fewer of us means less waste that our planet has to process. In short, it demands a massive but needed basic lifestyle change. It is a chilling reverence to realize the earth cannot manage our lifestyles.

The second domain is that of Earth’s own chronic lifestyle changes, such as ice ages. Our approach to this commands we use a philosophy mature enough to plan for and anticipate these changes. It starts with a recognition that no matter what we do, our relationship to Earth is not to a permanent environment. The biosphere will change even without current human contributions. Study history.

Let’s begin with a motto, that ‘being less toxic to the earth is actually being less toxic to us.’ Let’s seriously penetrate, without fear, rhetoric and misaligned assumption, the isolation that comes from being feeling inconsequently small when we look at the size of the ocean. We must teach ourselves that ‘the ocean and I are symbiotic,’ and just because it’s so much bigger doesn’t mean that it is stronger or resilient to illness. The Earth’s increased temperature is analogous to when we have fevers. Another motto could be “how much am I adding to the Earth’s fever?”

We have to aggressively restructure and make it worth the sacrifice to change those parts of our lifestyles which produce climatic toxins. Too much of our society is now based on a life of convenience. People, schools, clergy, politicians, medical people, all need to conjointly discuss how we do this individually so that the ultimate harmony of our behaviors gives the earth a chance to heal. Then we too might heal from the climate change’s ill effects on us.

New lifestyles must become an operational 'normalcy'. Our biopsychosocial interventions must include a focus on realistic lifestyle changes. Knowing that we can mitigate some of the more immediate changes is powerful. That may then fertilize thinking into biopsychosocial changes necessary as we move with the earth through it's own cycles, such as the next ice ages.

Begin this with two manageable activities. Learn about climate change from multiple sources. Become educated not in only the current facts of climate change, but in the wisdom that comes from the larger historical and projected perspectives.

Then start by reducing one’s energy use by 5%. For example, start driving less, cool or warm to one or two less degrees, use less non-reusable items such as paper plates or plastic forks, buy local foods if possible (less transportation costs), have better installation and window treatments at home, drive smaller cars, shorter showers, close doors, and the like. Embrace all this like one embraces a weight control diet, not just to lose weight, but to begin a better diet lifestyle. Don’t hesitate, yet try to be diplomatic, encouraging, but maybe also embarrassing to those around you, to induce those people to adapt these same lifestyle changes. Let's not politicize another public health issue. Resistance to these concepts may actually be more laziness than disagreement. Laziness is a nasty toxin.

We may not be able to fix it all, but we can fix a lot and find a way to survive and enjoy our lives...

(Please visit the podcast [***The Experts Speak***](https://interviewlibrary.info) for discussions of climate and many other health topics.)