



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



Britt Wray: *From Fear to Action: Thriving in a Changing Climate*

February 22, 2024

12:30-1:30pm

Newcomb Hall Ballroom

Join the Contemplative Sciences Center and Environmental Institute for a special presentation by Britt Wray, author and researcher focusing on the mental health impacts of climate change on young people.

During the talk, Wray will draw from her book *Generation Dread: Finding Purpose in an Age of Climate Anxiety*, offering ways to thrive, feel less alone, and restore ourselves for the long haul. She will share personal experiences and research, recounting her journey from fear to hope and ultimately to action. Copies of Wray's book will be available for purchase at the event.

[LEARN MORE](#)

Resources Fair

February 22, 2024

1:30-3:30pm

Newcomb Hall Ballroom

Immediately following Wray's presentation, UVA's Office of Sustainability is hosting a resource fair. UVA student organizations and external environmental groups will provide students with tools to address climate anxiety featuring curated activities, well-being support, eco-resources, internship opportunities, and other solutions for managing stress related to climate change.

[LEARN MORE](#)

Nature Walk: Embodied Practice for Eco-Anxiety

February 22, 2024

3:00-3:45pm

The Dell

Mindfulness facilitator Geoff Cox will lead a practice designed to navigate climate anxiety providing a sensory and contemplative experience that fosters connection with nature and the self. This outdoor event is hosted by the Contemplative Sciences Center and will take place at the Dell located across from Newcomb Hall.

[LEARN MORE](#)

Registration not required. You are invited to attend any or all events.

Make a gift to support the Contemplative Sciences Center!

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DONATE \$50

DONATE \$100



*“What is
contemplation?”*

An ongoing series of interviews
with leading experts

New Series: "What is Contemplation?"

Journal of Contemplative Studies

How do different contemplative traditions—religious and secular, historical and modern—understand practices and experiences of contemplation? CSC's *Journal of Contemplative Studies* is publishing an interview series examining this question.

[LEARN MORE](#)



STUDENT ADVISORS PROGRAM

Contemplative Commons

CSC is launching a new program for students who will consult and help plan programming for the new Contemplative Commons, slated to open in Fall 2024. The Contemplative Commons Student Advisors will also be instrumental in welcoming students into the space for the first time. The eclectic group of about a dozen students will be announced in a forthcoming newsletter. Stay tuned!



SPEAKER SERIES

David Yaden: What is a Psychedelic Experience?

MARCH 14

4:00-5:30pm (ET), Monroe 130

This spring we continue our series hosting leading scholars, scientists, and practitioner-teachers in the study of contemplative practices. Join us for our next talk featuring David Yaden, Asst. Prof. at Johns Hopkins Center for Psychedelic & Consciousness Research. *Co-sponsored by the Finan Lab, UVA SOM Dept. of Anesthesiology.*

[LEARN MORE](#)



IN THE NEWS

National Geographic

In a recent *National Geographic* article, CSC's Michael Sheehy highlights the transformative benefits of lucid dreaming, or intentionally changing aspects of your dreams. "You may enhance cognitive flexibility, recognizing your ability to alter thoughts, mindset, and perceptions. This enables you to envision new possibilities, perspectives, and outcomes," he says.

[READ THE ARTICLE](#)



CONTEMPLATIVE COMMONS UPDATES

As construction on the Contemplative Commons nears completion this spring and excitement builds for the Fall 2024 launch, we are busy planning a variety of programming and celebratory events to take place throughout the year. Stay tuned for future announcements!

We extend gratitude to our partners within the University and beyond, whose collaboration remains integral to transforming this vision into reality, promising growth and well-being for students and our community. *(Photo by Matt Riley, University Communications)*

Related News: Read *UVA Today's* story, "**[A First Look Inside the New Contemplative Commons.](#)**"

CALENDAR

UPCOMING EVENTS

Feb 22 - From Fear to Action: Thriving in a Changing Climate
Talk by **Britt Wray**
Learn more

Feb 22 - Thriving in a Changing Climate
Resources Fair
Learn more

Feb 22 - Thriving in a Changing Climate
Embodied Practice for Eco-Anxiety
Learn more

March 14 - Speaker Series: David Yaden
What is a Psychedelic Experience? Measuring and Characterizing
the Acute Subjective Effects
Learn more

CONTEMPLATIVE CLASSES

Monday-Thursday - Night Owl Yoga
Learn more

Monday-Friday - Ashtanga Yoga: Mysore-Style
Learn more



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



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