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Note that this is a personal narrative. The content, links and views expressed do not necessarily reflect APC-UK's position.

I plan to support Extinction Rebellion actions at the April uprising for a number of reasons. As many professionals have observed, climate activism should be seen as central to our [professional identities](#) if we truly take on board the science that indicates climate breakdown presents the biggest threat to human health worldwide. We also need to engage with the crisis if we are to have integrity in our calls for social justice as those [least responsible are already suffering acute impacts](#), while the same [colonial and neoliberal ideologies that support racism and inequity also prop up the unfettered capitalism that is threatening all life on Earth](#). But my biggest motivation to take action is the terror I wrestle with regarding the world my young daughters will grow up in; the sick feeling I get when they speak of their hopes for their futures in ways that don't connect with the likely reality of social collapse if urgent action is not taken.

Although I'd considered myself environmentally orientated since childhood, the urgency of the climate crisis hit home for me shortly before the birth of my youngest in late 2015. The speed and exponential rate of temperature rise felt like a punch to the stomach and my partner and I made various lifestyle changes from that point to reduce our carbon footprint. The publication of the 2018 IPCC report warning us that we had 12 years to halve emissions if we were to keep under 1.5°C rekindled my dread, yet I felt isolated and silenced as everyone around me seemed unfazed, either completely aware of the report or carrying on as if it had no impact upon them. My partner endured long soliloquys about my anger and existential worries, but I felt a complete disconnect between the thoughts that kept me awake at night and the rest of my life. Upon reflection, I've realised I was somewhat complicit in the silence on the topic in my places of work. There were lots of other important issues that I could continue to stick my teeth into such that I could live in accordance with my values while protecting against the distress that came from engagement with the crisis.

I was heartened to learn of the 2019 [open letter](#) on the need for psychologists to take action, and gradually began to incorporate issues relating to planetary health into my academic role. This shift was catalysed for me through connection with other concerned professionals, which reduced feelings of isolation and enabled me to feel safer engaging with thinking and reading around the existential threats we need to wrestle with. The fantastic work of the [Climate Psychology Alliance](#) and inspiring steps by professional bodies and professionals around the world have assured me that we as a profession have vital roles to play.

But, we also need to play our part as activists. What happens over the next couple of years is key to determining if we can foster a [survivable planet](#). It is clear that [largescale systemic and ideological shifts are needed](#), our leaders at COP-26 have failed us, and [our own government continues to support new fossil fuel initiatives](#). The political scientist [Erica Chenoweth's findings](#) suggest that non-violent movements supported by 3.5% of a population have never failed to bring about systemic change. I am not optimistic about our chances of succeeding, but we need to try while there is still a chance. Just as every vote counts, so does every body on the streets. I have many reasons for adding my presence to the streets in April, and I'll be holding my daughters in mind throughout.