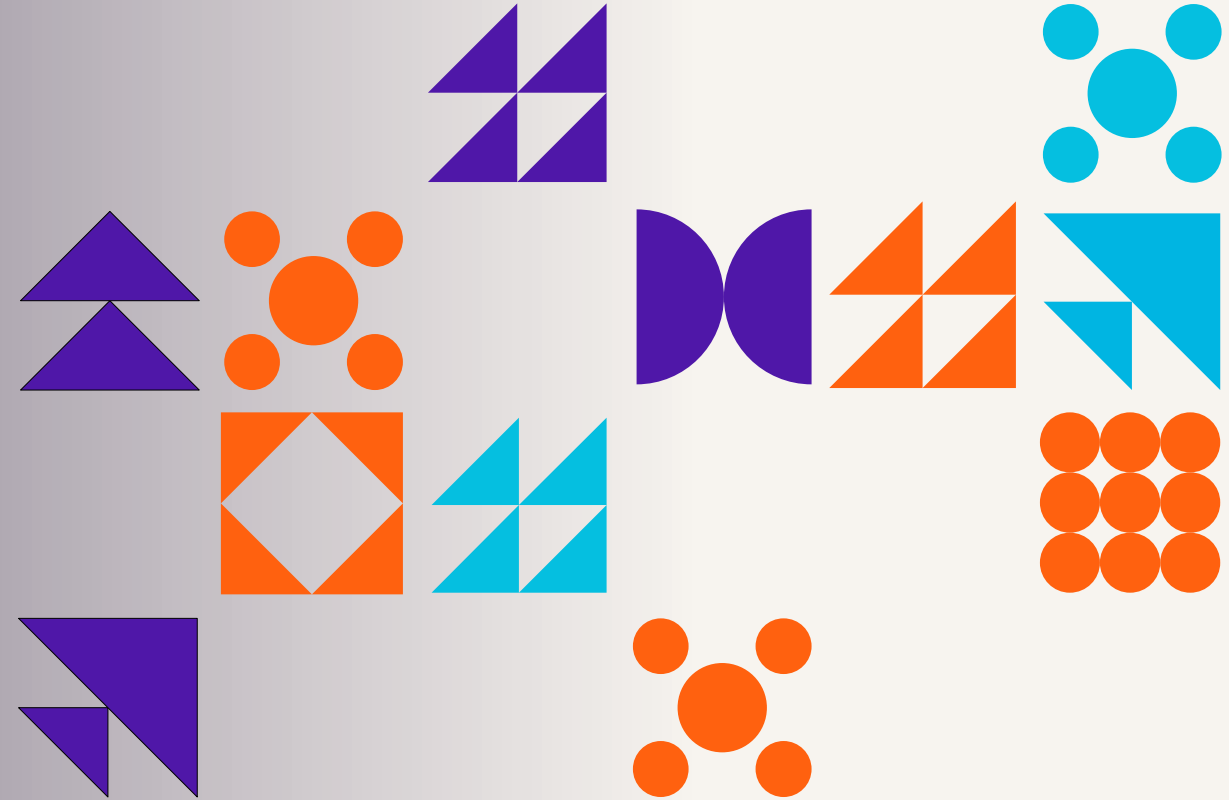


Why do I obsess?

Why should you obsess?

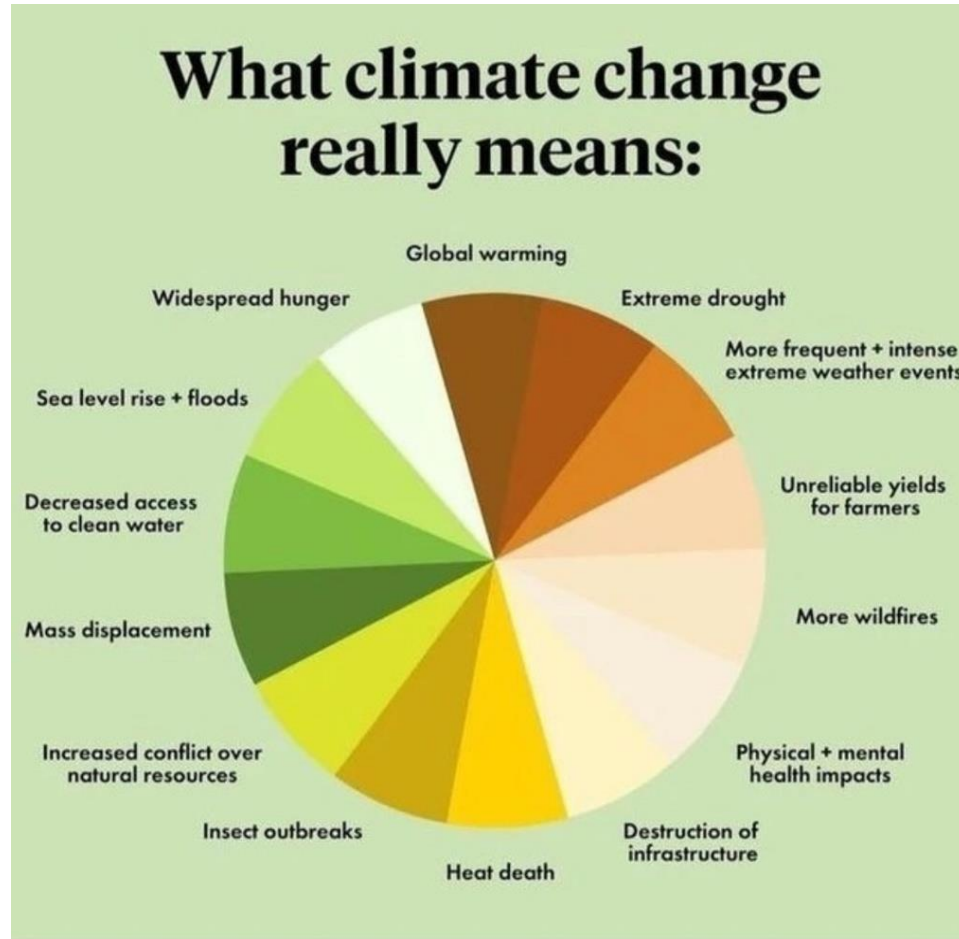
Arundhati Kumar





Do the best you know.
Then when you know better do better.

It's what scientists are calling a 'POLYCRISIS'



- Food Security Crisis
- Bio- diversity Crisis
- Childs Right Crisis
- Gender Crisis
- Economic Crisis

WEF- Global Risk Report 2025

Global Risks Report 2025 Global risks ranked by severity



Please estimate the likely impact (severity) of the following risks over a 2-year and 10-year period.



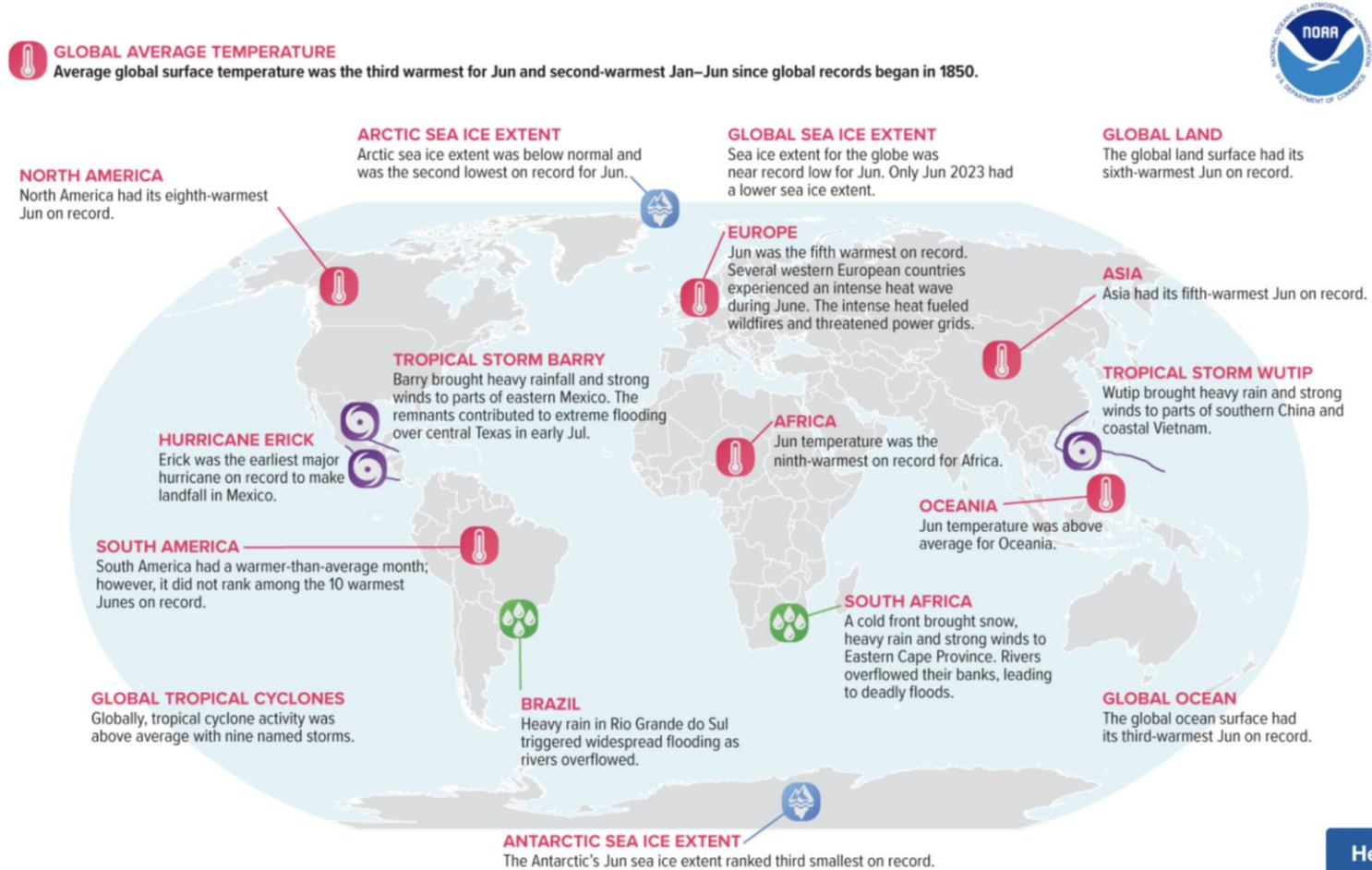
Risk categories: Economic Environmental Geopolitical Societal Technological

Source: World Economic Forum, Global Risks Perception Survey 2024-2025

5 amongst the **Top 10 risks** over the next decade are Climate Related Risks.

It's all happening at an accelerated pace

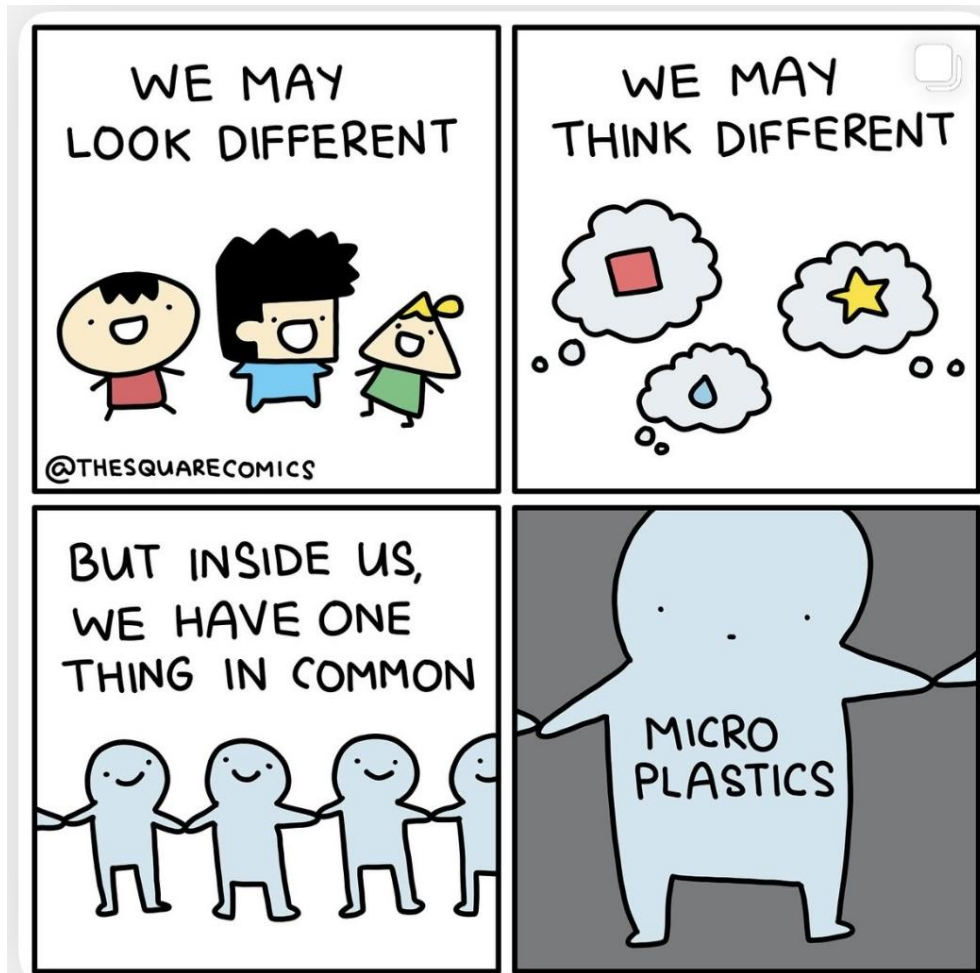
Selected Significant Climate Anomalies and Events: June 2025



And what does this mean for us?



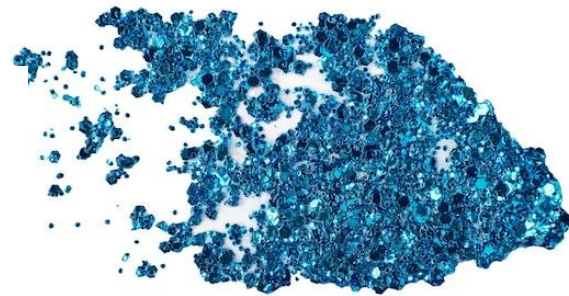
It's impacting our health



Microplastics are now in every part of our body including breast milk, placenta, testicles, semen, our heart, liver and kidneys. Including the cells of our unborn children.

We are literally being born pre-polluted.

Sneaky Everyday Plastics



It's changing us as people





PRISM

by PMI Malaysia

Let's Take a Mood-Check

- Individual actions have no impact.
- Sustainable shifts are hard, inconvenient and expensive, where is the time and money for that?
- Real change can and should be driven at the government and policy level
- This has been blown out of proportion – we are in no real danger for the next few decades.
- I want to do my part, but how do I contribute?

Lessons From My Climate Journey



Nobody Wants Climate Change to Happen.

We are all good people trying to make the best choices in a sea of bad options!



There is No Defined Single Starting Point.

A good place to start is one that resonates with you.



Climate Conversations Are Not Easy.

Never take it personally and don't stop having them.



Breaking the Climate Silence is on Us.

It needs real human conversations and millions of
them.



Resisting Change is Human Making Excuses too!

Start Small and Build From There



What's In It For Me?

Sustainable Swaps Have Clear Benefits



We Are All Climate Hypocrites! Even the Best of Us.

**It's Better being a hypocrite than nothing at all- just in
this case.**



**We need many many of us making
climate pro-choices every day.**



**That's the the only way we can shut
the tap, fix the leak and mop the
floor all at once.**
