Climate Anxiety: What we need to talk about when we talk about climate change

Maria Photinakis
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Collective action, creative exploration, community engagement, and healing “Nourish the whole self”
The zine “salad bar”

#climatezine

MANY drops - an OCEAN

a ZINE about CLIMATE CHANGE

HOW to take care of our PLANET + our SELVES

created by Maria Photinaki’s

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READ → REMIX

#climatezine
The emotional toll of climate change:

Climate Anxiety

a.k.a.

Climate Grief, Eco-Trauma

“A chronic fear of environmental doom”
— American Psychological Association, Mental Health and Our Changing Climate: Impacts, Implications, and Guidance, 2017

Feelings of loss, helplessness, frustration, guilt
Can exacerbate existing mental illness

“Building resilience is essential to address the physical and mental health impacts of climate change.”
Themes:

Need for broader acknowledgement that climate anxiety is real

• “It feels traumatic to me, but I don’t want people to think I’m overreacting”
• “I’m so glad to see people finally talking about this”

Need to feel less alone

• “Sometimes I think I’m the only person who feels this way”

Tweens & teens especially: Need for others to stop minimizing their concerns

• “My friends and all are so worried about what the future will look like”
• “My parents don’t take my concerns seriously”
Comics can make connections

- **Personal narrative**
- **Superhero**
- **Poetry**
Let’s talk about what’s going on AND how it’s making us feel
Let’s make space for mental health when we talk about climate change and its effects — especially on marginalized communities
Let’s emphasize both individual and community/collective action to foster resilience and hope.

every ASPECT of our LIVES is— IN A SENSE—

A VOTE
for the
for the kind of
WORLD
we want to LIVE in.

Francis Moore Lappe

#3
Thank you!

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ACTION is the antidote to despair
Joan Baez