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

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

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Waltham Social Emergency Response Center (SERC), April 2019
Organized by Blueprint Projects
SERC concept by Design Studio for Social Intervention (DS4SI)

Collective action, creative exploration, community engagement, and healing “Nourish the whole self”
MANY drops - an OCEAN

a ZINE about CLIMATE CHANGE

HOW to take care of our PLANET + ourSELVES

#climatezine

created by Maria Photinaki’s

v: 1.0 April 2019

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The zine “salad bar”
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
Educational

Science fiction

Graphic novel
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.
Thank you!

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ACTION is the antidote to despair
Joan Baez