

ECO-ANXIETY

Green-Schools Travel



Psychology and Climate Change.
Moving from Fear to Action

Catherine Russell
Green Schools Travel Officer



What is ECO-ANXIETY?

Green schools Travel
Psychology and Climate Change.



Eco-anxiety is the issue arising from worries about environmental events. It describes the fear of human induced climate change and anxieties surrounding the future of our planet.



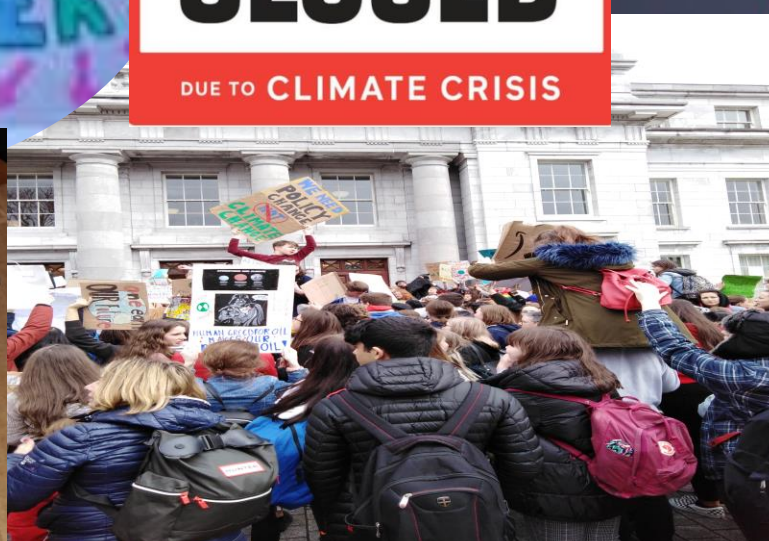
Why am I feeling this?



- Greta Thunberg effect; 'Your house is on fire'
- COP 26
- Fridays for Future protests
- Climate Knowledge
- Pressure of inheriting this world
- Perceived inaction of government leaders
- Lack of urgency



You are not alone we're all feeling concerned about the planet and its future



Aim

- TO CREATE A '**TOOLBOX**' OF COPING MECHANISMS
- GIVE STUDENTS A SPACE TO DISCUSS AND EXPLORE THESE ISSUES WORLD CAFÉ STYLE
- MOVE FROM ***FEAR*** TO ***ACTION***



Workshop #1 Love Your Planet



World Café Style...

- Work in groups of 4/5
- Determine time for this activity (1hr/ lesson)
- Organise the room so groups can sit around the table (or take it outside/ virtually)
- Give each table a 'Love your planet' worksheet (pre prepared and printed) and set of markers
- Welcome the group
- Start the discussion and encourage each group to write **or** illustrate **ONE** section *Love/worries/solutions*
- Allow the group 10-15 mins and then nominate one host to stay on the table and the rest to move on to the next table/subject
- Collect answers on a sheet/ flipchart / whiteboard/miro board

'Toolbox' of Solutions

Different methods of dealing with anxieties and supporting your own health (mental and physical).

Positive stress; Write letters/ debate/ protest/ Create/ Educate

Find your Tribe; Schoolmates/ Friends/ Clubs/ Online

Model Gratitude; Count all the POSITIVE things right now!

Eat the Alphabet; Support yourself with healthy eating. 'A' is for Apple, 'B' is for Banana, 'C' is for carrot ...

Exercise; Regular exercise helps stress levels

Connect with Outdoors; Walk/Cycle/ Nature bathing. Get outdoors and connect with nature. Nature based solutions help reduce anxiety.

Green Schools; Positive environmental solutions!

Self Care; A Quick Reset.....



9 POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN EACH WEEK

 @BELIEVEPHQ



CONNECTEDNESS

Try and find some time during your week to connect with friends, colleagues or family members



VALUES

Engage in activities that provide you with a sense of value and that are important to you



ACHIEVEMENT

Engage in activities that provide you with both a sense of pleasure and achievement



SELF CARE

Find activities that you can schedule into your week that provide you with a sense of self care



TALK

Talk openly to close friends or family members about how you are feeling and what you might be thinking



STAYING PRESENT

Use some mindfulness exercises to try and connect you to the present moment



COPING SKILLS

Be proactive with your mental health. Learn, practise and refine some new skills that can help you cope with pressure or stress



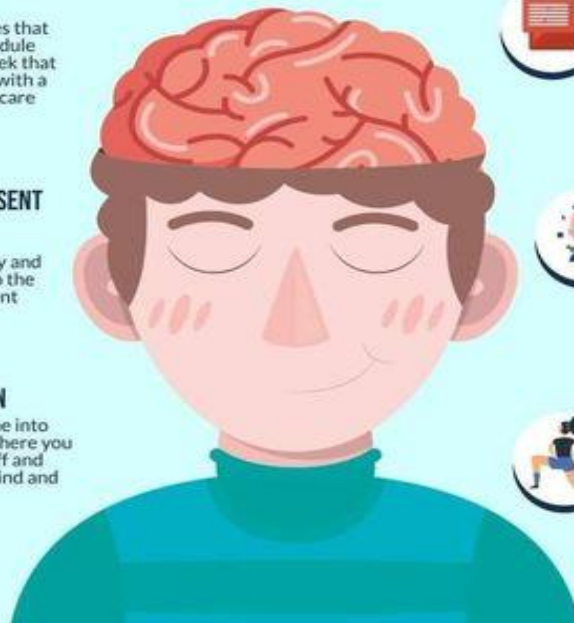
RELAXATION

Schedule time into your week where you can switch off and relax your mind and body



PHYSICAL ACTIVITY

Where possible try and stay active. Exercise is a great tool for boosting mood and reducing stress and anxiety



Step 5 Curriculum Links

Junior Cycle

Key Skills; Communicating/ Being literate/Managing myself/Staying well/ Managing information and thinking/ being numerate/ being creative/ working with others

Subjects; SPHE, CSPE, Art

Strand 3.3 Wellbeing

The student:

- has an awareness of personal values and an understanding of the process of moral decision making
- takes action to safeguard and promote his/her wellbeing and that of others
- Is a confident and competent participant in physical activity and is motivated to be physically active
- Understands the importance of food and diet in making healthy lifestyle choices
- Has the awareness, knowledge, skills, values and motivation to live sustainably
- Values what it means to be an active citizen, with rights and responsibilities in local and wider contexts



Step 5 Curriculum Links

Senior Cycle

Key Skills for the learner; Communicating/ Being personally effective/ working with others/ critical and creative thinking/ information processing

Objectives for SPHE; Mental Health

- develop self-awareness through opportunities to reflect on thoughts, values, attitudes and feelings
 - enhance students' knowledge and understanding of essential health concepts and the wider influences on health and wellbeing to enable informed decision making
 - develop students' self-efficacy; the confidence to think and behave independently especially in the face of social pressure
 - strengthen students' capacity to empathise with another person's situation, feelings and motives in order to enhance relationships with other people
 - develop coping strategies for adolescence and adult life in support of greater resilience
 - develop students' health literacy skills, including the ability to obtain, critically evaluate and act on health information in support of health and wellbeing
 - develop a willingness to participate in the creation and maintenance of healthy communities and environments.
- 



Campaign/ Workshop #2

Committee can choose one of the following areas to work on.



*This will be **your** project to deliver for the travel theme. Your travel officer can help explore ideas with you.*

- **Art Exhibition;** Environmental actions through community art. Workshop/ project-based design and implementation eg Street Art expressing anxiety/emotion of climate change.
- Decide on a theme and whether you would like to work as one group or smaller pods. Revisit the 'Love your planet' workshop for inspiration.
- Use Menti.com to create a word cloud for reference
- Explore different techniques eg recycled materials/paste up. Create an image to feed into <https://rasterbator.net/> and create some art that is ready to paste up on walls or billboard to communicate your message (ensure permission is given).



Linking your campaign with 'The Seven Steps'

Form a committee; Pod/ class/ group

Environmental Review; Love Your Planet #Workshop1

Action Plan; Planning the campaign using creativity for change

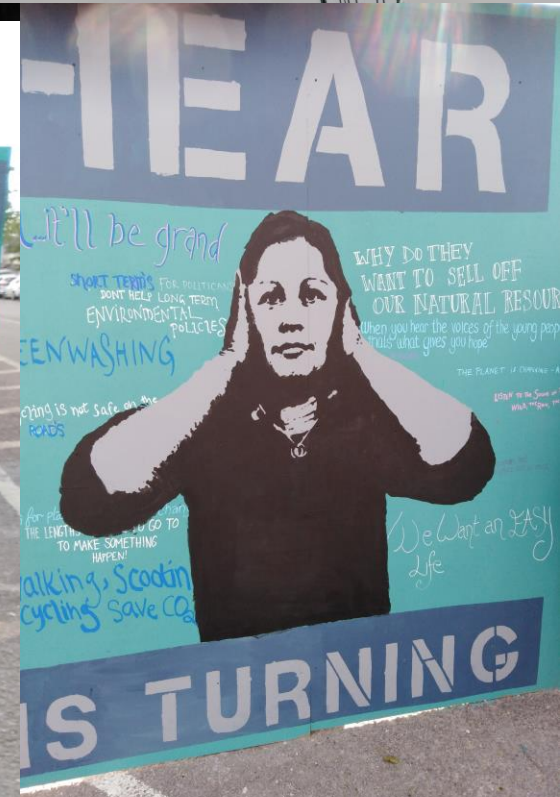
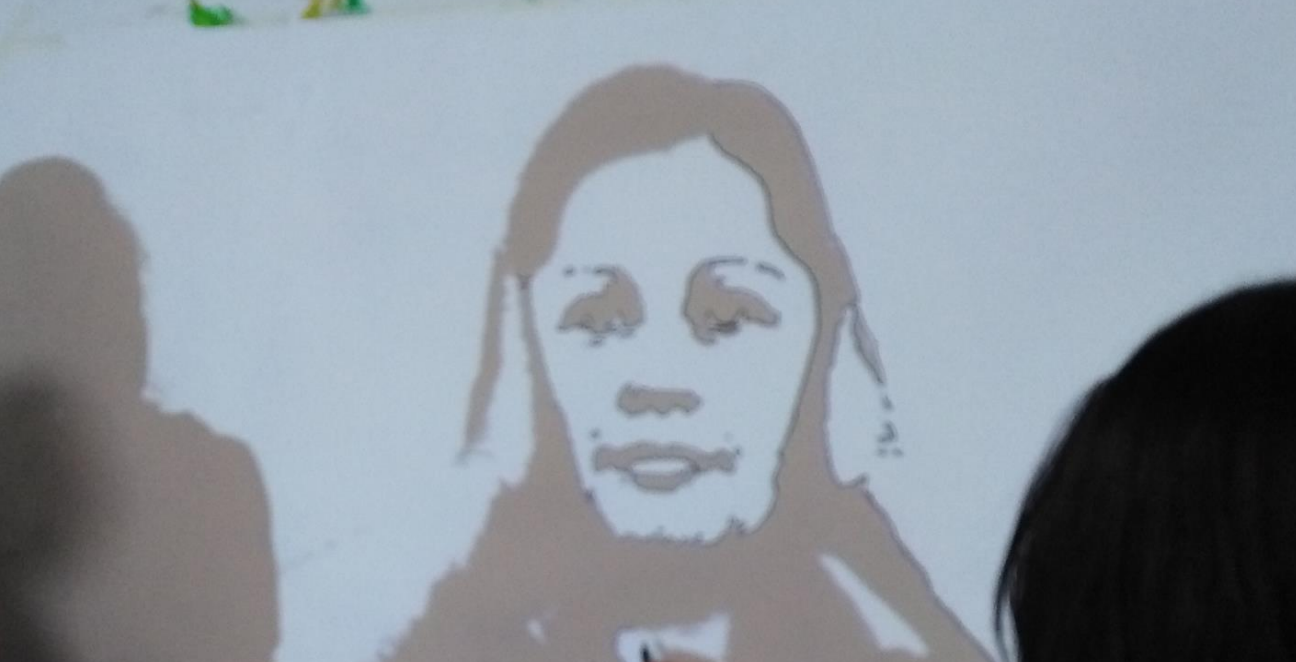
Monitoring and evaluation; Record the process

Curriculum Work; Link with Junior/ Senior Cycle

Informing and Involving; Media/ social media/community

Green Code







- French guerilla artist JR and the inside out project. Takes a photo booth around to public events. Takes pictures, generates an image and pastes them up on surfaces



Street Art using recycled materials



'If you think you're too small to make a difference try sleeping with a mosquito' Dalai Lama



References

Knowles-Yanez, K.L. (2005). Childrens participation in Planning Processes. *Journal of Planning Literature*, 20, 3-14.

Lejano, R.P., Tavares-Reager, J., Berkes, F. (2015). Climate and narrative: Environmental knowledge. [online]. *Land Use Policy*, 43, 161-169.

Piaget, J. (1957). *Construction of reality in the child*. London: Routledge & Kegan Paul.

<https://www.theclimatecoalition.org/whats-affected>

<https://www.irishtimes.com/life-and-style/health-family/eco-anxiety-i-feel-useless-in-the-face-of-climate-change-1.4399103>

<https://drawdown.org/>

<https://www.creativityandchange.ie/street-art-for-climate-action/>

Environmental Education Unit



**Green
Coast
Award**



Blue Flag Ireland

 An Taisce



Green-Campus

 An Taisce



**LEARNING
ABOUT
FORESTS**



Green-Schools

 An Taisce



**Green
Flag
Award**



**NATIONAL
SPRING
CLEAN**

 An Taisce



 An Taisce



**Young Reporters
for the environment**