Understanding mental health

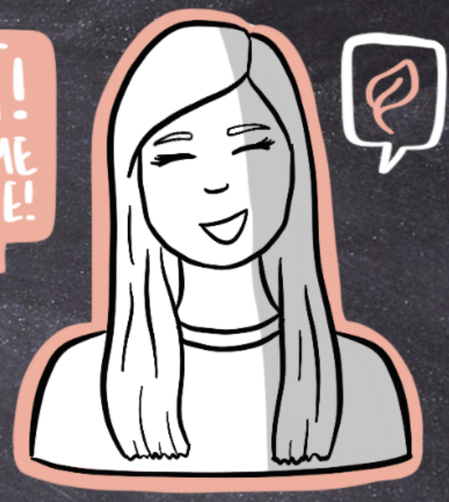
ID TALKS

Climate-change anxiety

"CLIMATE CHANGE IS A PSYCHOLOGICAL CRISIS, WHATEVER ELSE IT IS"
– POULSEN, 2018

FROM CLIMATE CHANGE ANXIETY TO CLIMATE •R·E·S·I·L·I·E·N·C·E•

ACT! BECOME ACTIVE!



SELF-EFFICACY is the Key!

ANNA PRIBIL (AUSTRIA)

"CONCERN/FEAR OF THE CURRENT CLIMATE CHANGE CRISIS & ITS POSSIBLE CONSEQUENCES" which can lead to DEPRESSION & ANXIETY

still lack of research

NOT RECOGNIZED MENTAL DISORDER

"WE ARE LIVING IN A SCARCITY mindset & SHOULD MOVE INTO AN ABUNDANCE mindset"

"THE CLIMATE CRISIS IS A STRUCTURAL PROBLEM BUT IT STILL MAKES SENSE FOR INDIVIDUALS TO CHANGE •THEIR HABITS•"

ECO-EMOTIONS

ANXIETY, SADNESS, DESPAIR, GUILT, ANGER, POWERLESSNESS ...

AN APPROPRIATE AND MEANINGFUL EMOTIONAL RESPONSE TO A REAL THREAT

STRESS RESPONSES
→FIGHT
→FLIGHT
→FREEZE

TRY TO UNDERSTAND YOUNG PEOPLE:

R + U + L + E

RESIST THE RIGHTING REFLEX

UNDER-STAND MOTIVATION

LISTEN

EMPOWER!

TAKE THEIR EMOTIONS SERIOUSLY

YOUTH SURVEY* THE future is SCARY

67% FEEL LIKE THEIR GOVERNMENTS DO NOT PROTECT the planet

75%

*(HICKMAN, MARKS, PIHKALA, CLAYTON, ... & VAN SUSTEREN, 2021)

CLIMATE RESILIENCE

THE PSYCHOLOGICAL ABILITY TO COPE WITH THE STRESS CAUSED BY THE CLIMATE CRISIS & TO USE IT AS AN OPPORTUNITY FOR DEVELOPMENT
(DOHM & KLAR, 2020)

STRENGTHENING RESILIENCE

- EMOTIONAL STABILITY
- LEARN TO SAY "NO"
- INVEST IN "ME TIME"
- SLEEP & SPORT...

TAKE SMALL, CONTINUOUS STEPS

BE AUTHENTIC

SHOW REAL CONCERN

Get into a CONVERSATION!

"THREATENING INFORMATION TRIGGERS STRESS" → "IT IS IMPORTANT TO UNDERSTAND YOUR EMOTIONS IN ORDER TO CHANGE THEM"

SALTO INCLUSION & DIVERSION

In cooperation with: Mental Health in Youth Work project

GRAPHIC NOTES: @MYINKTHINK