

Climate Anxiety:

*RECOMMENDATIONS based on the
roundtable discussion on Climate
Anxiety*



Climate anxiety is an emerging mental health disorder that is especially impacting young people and is not receiving much recognition in a wider sense yet. With this open youth dialogue event Climate anxiety: Where climate change and mental health overlap YHO started a conversation and brought the spotlight to this topic. Result of this dialogue are the recommendations on what we can do regarding this topic.

This event is supported by the European Commission.



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WHAT *can be* DONE



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INDIVIDUAL *level*

- Educate yourself about the topic.
- Reduce anxiety by meditation, physical activity, reaching out to people and supporting them as well as increase the focus of your efforts to combat climate change (plant trees, buy local products, reduce our environmental footprint (be sustainable, less packaging)- local actions).
- Reduce the impact of negative news by reducing consumption of social media
- Involve yourself into youth organizations with values that build people's connection with nature (for example scouts) and organizations that actively advocate and work towards measures against climate change.
- Vote for politicians and parties that vow to implement positive changes.
- Reframe the way the topic is represented: yes, climate change is anxiety inducing and the lack of action by the majority of people and politicians is extremely frustrating but we cannot change other people's (and politicians') minds by focusing on negatives - instead hear them, see their perspective, show positive side, show what's in it for them, how can we all live a better life while reversing climate change. Scaring people will paralyze them or turn them against our cause; first show the way out and make it desirable, then stress the urgency).
- Respect each other's efforts in dealing with climate change (nobody is perfect).



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NGO & civil society level

PREPARE PUBLIC CAMPAIGNS

and events to educate the general public about the topic (provide concrete actions to be taken by them).

ORGANIZE INTERACTIVE WORKSHOPS

at schools to educate about effective and healthy coping strategies.

MAP THE NGOS, working on this topic in order to combine efforts and therefore have a bigger impact.

ORGANIZE CLIMATE GRIEF SESSIONS

a way to connect and inspire each other into taking action

INVITE DECISION-MAKERS

to events with high attendance to show them there's a whole community supporting the cause (and would support them during the next elections if they supported them too)

REACH OUT to politicians by mail (even spamming with loads of emails till you get a reply)



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Governmental *level*

- Governments should involve NGOs in discussions and decision making.
- Should strive to provide accessible health/professional services.
- Should support policies to address how to help reduce climate change and to help cope with climate anxiety.



**INVOLVE NGOS IN DISCUSSIONS
AND DECISION MAKING.**



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