

ECO ANXIETY



Our top-level sound bites

What's the issue?

- Anyone, of any age, could at some point experience Eco Anxiety
- Eco Anxiety means a chronic fear of environmental doom – and it appears with symptoms, thoughts, and negative feelings associated with the man-made climate change.

Some examples ...

- Helplessness
- Anger
- Grief ('Eco Grief')
- A sense of powerlessness
- The problem feels too big and too depressing
- Sick and tired of guessing what the planet might look like in fifty years
- Feel incredibly guilty about your carbon footprints
- ...

What can you do?

- Realize that **YOU** have the power to make a difference
- Turn Eco-Anxiety into action !!!
- Even the smallest of act, can have a big impact, like
 - Talk to like-minded people
 - Work in your community
 - Self-reflect on your daily behavior at work and your activities/behavior during leisure time/vacation
- Formulate specific intentions to begin the change

