



What is eco-anxiety?

According to the American Psychological Association, eco-anxiety is the chronic fear of environmental doom. This is not a disorder, but an expectable reaction to an evolving crisis.

However, anxiety is only one of the emotions that might emerge as a response to the climate and ecological emergency. Greenspun prefers the term **Climate Distress** to refer to the range of emotional responses that people experience (like sadness, numbness, guilt, anger, and hopelessness, among others).

Not everyone experiences the ecological loss in the same way. It's important to be mindful that there are different layers of embedded sociopolitical harm:

Ecological destruction and social injustices have similar roots:

Domination

Exploitation

Denial of interconnection

There are inequalities of climate impacts.

Those contributing the least and who have fewest resources are experiencing the greatest harms

How to build emotional sustainability and resilience?

Emotions are part of our intertwined psychological and somatic system. If we extract too many resources, any system can become depleted. These are some approaches you may want to explore to build emotional resilience:

1 *Calming the nervous system*



2 *Talking about it*



3 *Finding a sense of purpose*



4 *Finding joy / pleasure*



5 *Connecting with the non-human world*



6 *Learning from those who have suffered climate consequences*



Want to learn more?

- climatepsychologyalliance.org
- climatepsychology.us
- climateandmind.org
- climatepsychiatry.org,
- <http://www.theresourceinnovationgroup.org/intl-tr-coalition/>

Want group support?

- goodgriefnetwork.org
- theclimatejournalproject.com
- climatepsychology.us
- <https://www.climatepsychologyalliance.org/>
- Local **Climate Cafés**

Climate Cafés

While specifically not a clinical encounter, a Climate Café creates a simple, reflective, empathetic space where fears and uncertainties about the climate crisis can be safely expressed and held. There are no guest speakers or lectures at these cafes, and it remains an advice-free zone. Based on the model of death cafes, climate cafes have been increasingly utilized to help a variety of individuals and communities find ways to face and bear the unsettling realities of the planetary crisis.

See climatepsychologyalliance.org and climatepsychology.us



About our Speaker: Wendy Greenspun

Wendy Greenspun, PhD, is a clinical psychologist and psychoanalyst and serves on the Board of Directors and steering committee of the Climate Psychology Alliance- North America. She is on faculty at the Manhattan Institute for Psychoanalysis, at the Adelphi University Postgraduate Program in Marriage and Couples Therapy and the William Alanson White Couple Therapy Training and Education Program. She has presented papers and workshops nationally and internationally on climate psychology, including at the 2022 UN Psychology Day, and provides workshops and courses for mental health professionals on ways to work with climate distress and grief. She provides workshops on building emotional resilience for climate activists, high school and university students, and has taught and facilitated group forums (climate cafes) for processing climate distress. She has published in the fields of climate psychology and psychoanalysis. She is in private practice in New York City, specializing in climate distress.



If you are wondering more about those climate cafés or if you want to hire Wendy for a workshop on this or similar topics, feel free to reach out to her directly at www.wendygreenspun.com