



What is Climate Anxiety?

A set of educational resources
for parents





Introduction

Dear Parents,

You take care of your children, and you also teach them important skills for life. You are role models for them, and you shape their personality. Your role in their lives is irreplaceable and crucial.

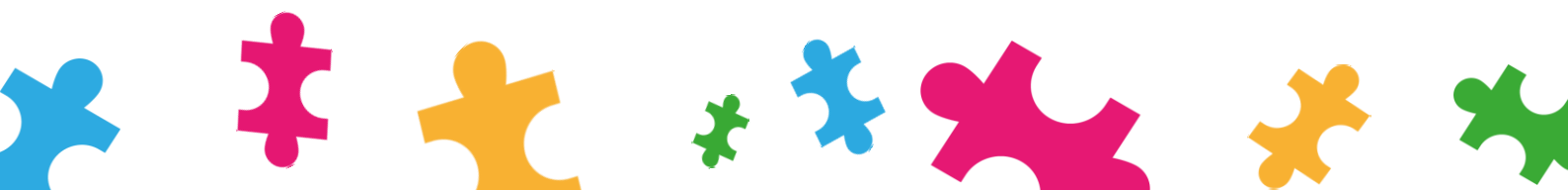
The ecology and future of our planet Earth is a more important topic for young people than it has been in your lives, during your childhood and adolescence. As parents, you should keep up with your children. Planet Earth is the only planet we have for life and is common to all people. We bring you educational tools for parents that include short educational videos, household exercises, and tips for parents in the field of ecology.

The topic of this set of educational resources is “What is Climate Anxiety?”. You can learn about this topic. You have a chance to find out what ecological and educational activities you can do with your children and how your family can further reduce the negative impact on our planet Earth.

Educational Video

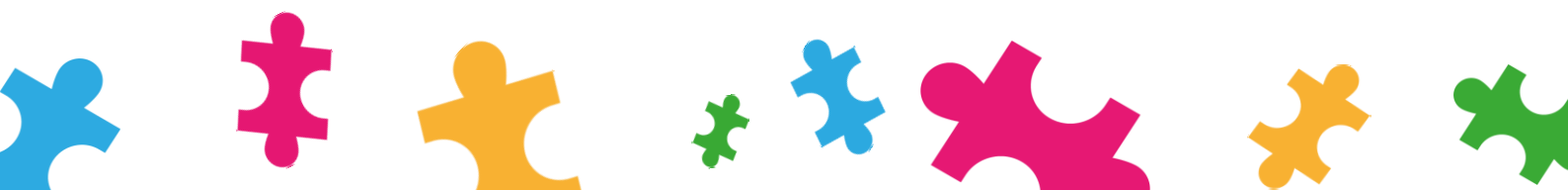
You can find a video on “What is Climate Anxiety?” at the following link:

<https://youtu.be/9qiXAE32q0k>



Household Exercise

Topic Addressed (1 of the 12): 11. What is climate anxiety?			
Exercise Title	How to reduce climate anxiety		
Duration of Exercise (in minutes)	It's individual	Materials Needed	Internet
Introduction	People often hear only the most pessimistic reports about climate changes and then they can't escape from despair, hopelessness. But don't be so strict to yourself, it's still time to prevent the catastrophic effects of climate change. Here are some steps how to overcome climate anxiety.		
Step-by-step instructions	<p>Step 1: Get educated. Learn as much as possible about climate change. You will know what's at stake and how ordinary people can make a positive difference. Otherwise, it can be easy to make false assumptions about the consensus on the worst-case scenarios.</p> <p>Step 2: Find concrete ways to make a difference. For example, eating less red meat can reduce carbon emissions. Participating in strikes and protests draws attention to the issue and helps inspire others to act.</p> <p>Step 3: Reframe negative thoughts. If thoughts of the apocalypse keep creeping into your mind or even prevent you from making plans for the future, focus your attention on the present moment while finding something positive about those circumstances.</p> <p>Step 4: Address all the stressors in your life. Financial, relationship, professional, or physical stress can also exacerbate your feelings about climate change. It is critical to address other stressors and to seek professional help if necessary.</p> <p>Step 5: Build your resilience. Develop a social network of friends and family. Strong social and emotional support has been linked to well-being.</p>		





Tips for Parents

Tip 1. Talk to your children.

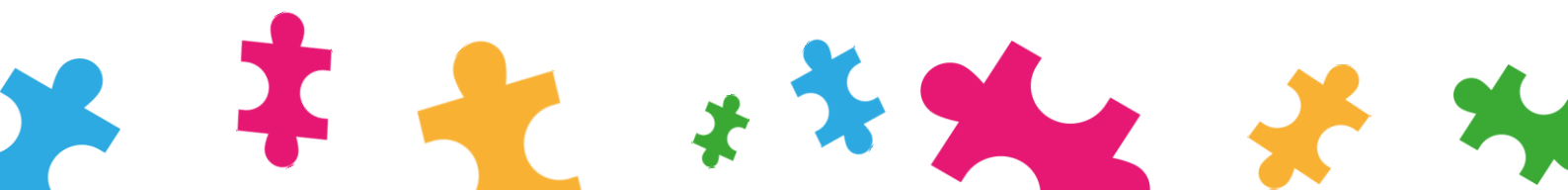
You might worry that talking about climate change will make your children feel worse, but talking through fear often helps dull its intensity. Making space to discuss something that may alter their future allows them to begin expressing and coming to terms with their concerns. Validate their distress, and let them know that you are here for them. Listen to their questions and offer fact-based answers. If they ask something you can't answer, do some research instead of giving vague responses. Open, honest conversation leads to a more conscious and informed generation.

Tip 2. Family action.

Just as committing to environmentally friendly practices can help lessen your eco-anxiety, a family effort can make a difference for your children. Spend some time discussing feasible options to conserve energy and resources in your household; for example, get creative with leftovers to reduce food waste, cycle or walk to school and work, shop at thrift stores instead of purchasing new items etc. Once you develop a family plan, encourage everyone's participation and make it an ongoing effort.

Tip 3. Appreciate nature.

Providing children with opportunities to enjoy nature from an early age helps them become more familiar with the natural world. Children who experience what nature has to offer through activities such as forest bathing, stargazing, or studying the array of life found in tide pools and ponds will likely develop a stronger resolve to protect and repair natural environments. They'll also learn how nature can promote well-being and emotional health — knowledge that can offer protection against eco-anxiety.



GRETA

Challenge-based Learning in Primary Schools for Climate Change Awareness



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