

CLIMATE CHANGE



MENTAL
HEALTH

(Canva)



What is Eco-Anxiety?



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Eco anxiety refers to the unpredictability of climate change which increases anxiety in young adults since they spend most of their time planning for the future. Leading cause of worry among young adults and college students.

Mental Health Consequences

- Stress
- Distress
- High risk coping behavior
- Depression
- Anxiety
- PTSD



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Symptoms of Mental Health Conditions



(Canva)



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Stress

Anxiety, Lack of Motivation, Sadness, Depression, Anger

Distress

hopelessness, withdrawal, lack of energy, falling asleep in class, increasing alcohol & drug use.



(Rivas, 2014)



symbolism for eating disorder

High-risk coping behavior

Violence, alcoholism, tobacco use disorder, risky sexual behaviors self-injurious and eating disorders.

Symptoms of Mental Health Conditions



(Canva)



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Depression

sadness, feelings of worthlessness, insomnia, depressed mood most of the day.

Social Anxiety

fear, anxiety, and avoidance that interfere with relationship, daily routines, work school or other activities.



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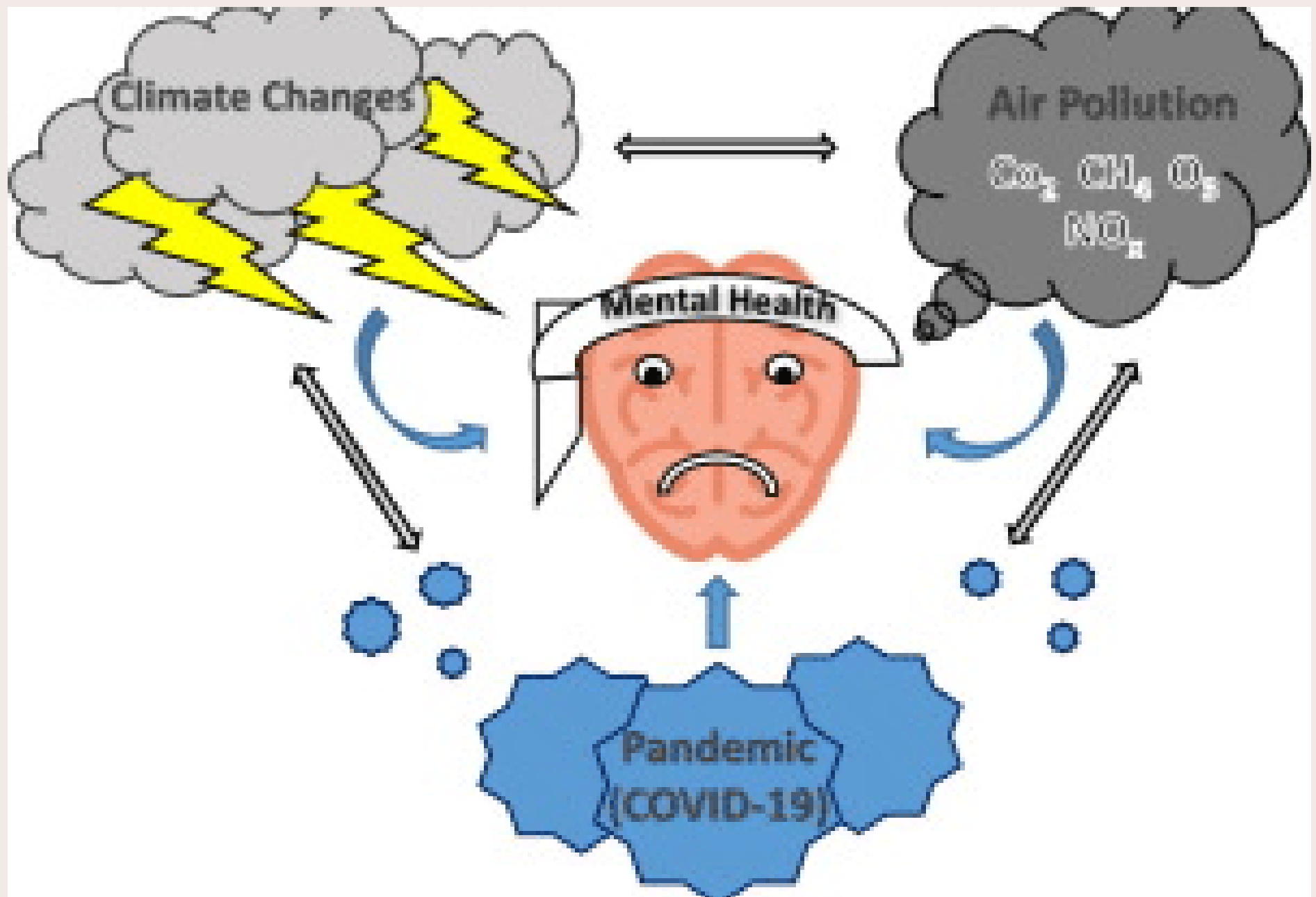


(Cuncic, 2021)

Stress & Trauma (PTSD)

reckless behaviors, lack of focus, angry outbursts with little or no provocation, flashbacks.

Environmental Relationships



- Convergent evidence would indicate relationships between climate change, pollution and pandemics, like the current COVID-19.
 - Literature review suggests that overall climate change, pollution and COVID-19 may increase the risk of mental disorders
- (Marazziti et al., 2021)

Self-Care for Mental Health



CUP OF TEA



BRAIN GAMES



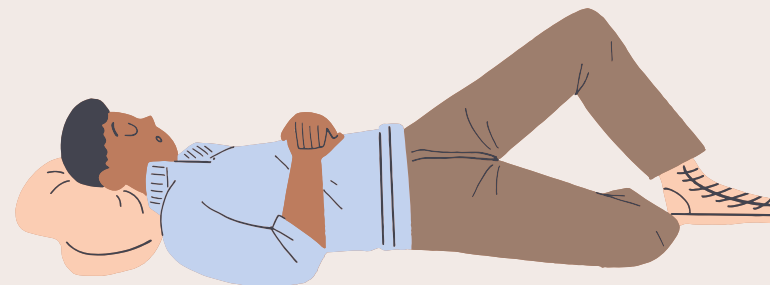
MEDITATION

*Feeling down
about Climate
Change?*

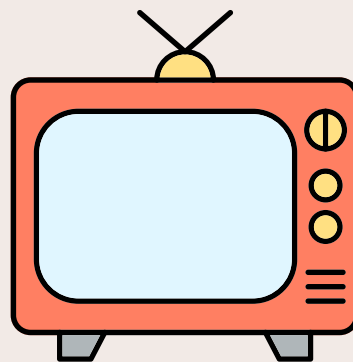
TALK TO A
FRIEND



REST & RESET



WATCH A MOVIE



Climate Change Data



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Carbon dioxide from human activity is increasing more than **250x faster** than it did from natural sources. (NASA, 2022)

2016 and **2020** were the warmest years on record. (NASA, 2022)



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54% of adults
45% of children
suffer depression after a natural disaster. (N.A., 2017)

The planet's surface temperature has risen about **2 degrees Fahrenheit** since the late 19th century. (NASA, 2022)

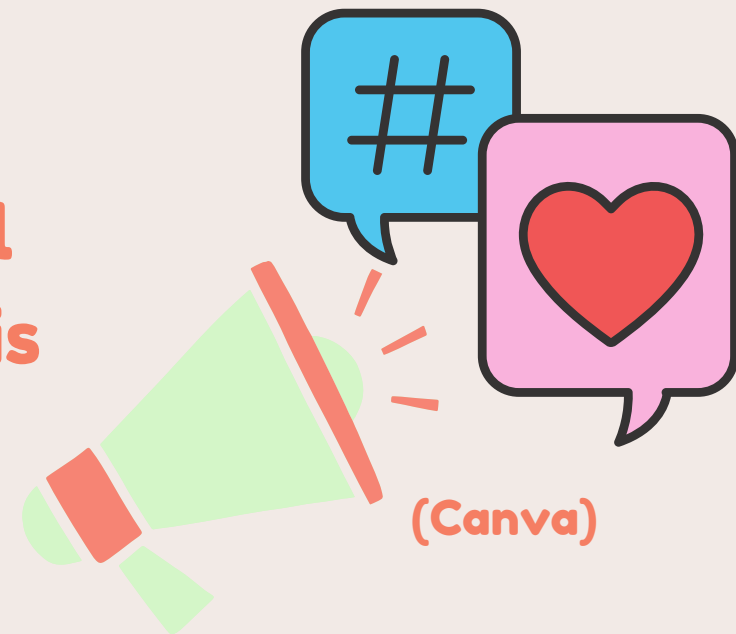
HOW CAN YOUNG PEOPLE HELP?



Engage with your peers and educate one another on the impacts of climate change

(Smith, S., 2021,)

Becoming an active member in the climate conversation can help control eco-anxiety overcome fear whether it is via social media or local politics



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Bring your interests to the Climate Fight! Climate change crosses all fields of study, bring it into spaces that you enjoy!

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HOW TO COPE WITH ECO-ANXIETY

Limit the ecological topics when educating yourself to avoid becoming overwhelmed
Have limits and healthy boundaries!



(Wyman, P., 2020)



(Glimpse, 2022)

Focus on making easy and smaller changes to reduce your carbon footprint!
REDUCE, REUSE & RECYCLE!

GET ACTIVE!



Dancing



Riding a Bike



Reading



Working out



Drawing

(Canva)

Resources



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Mental Health

- [Therapistaid.com](https://www.therapistaid.com)
- [SAMHSA's National Helpline](https://www.samhsa.gov/national-helpline)
- [nami.org](https://www.nami.org)
- [Circlesup.com](https://www.circlesup.com)
- [ymcasf.org](https://www.ymcasf.org)

Climate Fight

- Environmental Protection Agency - Climate Change
- United States Global Change Research Program
- Follow @Voicesofyouth on instagram



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SHARE & REPOST!



(Synman, 2019)

YOU CAN
DO IT!

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Why Should Young People Help Fight Against Climate Change?

- Climate change negatively impacts the physical environment that could exacerbate poverty, malnutrition and disease.

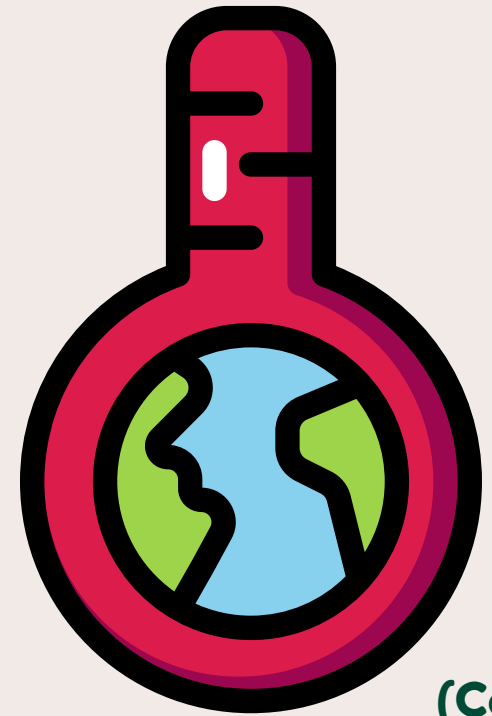
(Majeed, H., & Lee, J., 2017)

- Above 600,000 deaths occur worldwide every year due to climate change.

(Rinkesh, 2020)

- As of 2018, carbon dioxide in the atmosphere was 147% higher compared to pre-industrial levels; methane was 259% higher; and nitrous oxide was 132% higher.

(McCarthy, 2020)



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(University, 2019)

"We are the first generation to feel the effect of climate change and **THE LAST GENERATION** who can do something about it." —
- Barack Obama

(Twitter, 2014)



(Hakett, 2020)

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