

# **A Field Guide To Climate Anxiety**

## **A Field Guide to Climate Anxiety: Navigating the Emotional Landscape of Climate Change**

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Abstract: This field guide to climate anxiety provides a comprehensive overview of the emotional and psychological responses to the climate crisis. It explores the nature of climate anxiety, offering practical strategies and coping mechanisms for individuals seeking to navigate this challenging reality. The guide emphasizes the importance of self-compassion, community support, and proactive engagement with climate solutions as vital components in mitigating the negative impacts of climate anxiety.

### **1. Understanding Climate Anxiety: The Roots of Ecological Distress**

Climate anxiety, also known as eco-anxiety or environmental anxiety, is a growing concern. This field guide to climate anxiety begins by defining the term and exploring its manifestations. It's not simply worry about the future; it's a complex emotional response encompassing fear, grief, anger, helplessness, and even guilt. These feelings stem from the awareness of the climate crisis's severity, the perceived inaction of authorities, and the uncertainty surrounding the future. This section also addresses the difference between healthy concern for the environment and debilitating anxiety, emphasizing the importance of seeking professional help when necessary.

## **2. Recognizing the Symptoms of Climate Anxiety: When Concern Becomes Distress**

This section of our field guide to climate anxiety details the various ways climate anxiety manifests. Symptoms can be physical (sleep disturbances, appetite changes, headaches), emotional (intense sadness, fear, anger), or cognitive (difficulty concentrating, intrusive thoughts, catastrophic thinking). Understanding these symptoms is crucial for self-awareness and identifying when professional support is needed. We will provide examples and self-assessment tools to help readers determine the severity of their experience.

## **3. Coping Mechanisms and Self-Care Strategies: Building Resilience in the Face of Uncertainty**

A core component of this field guide to climate anxiety focuses on practical strategies to manage climate anxiety. This section emphasizes self-compassion and self-care as foundational elements. We will explore various techniques:

**Mindfulness and Meditation:** These practices can help ground individuals in the present moment, reducing overwhelming feelings about the future.

**Connecting with Nature:** Spending time in nature has been shown to reduce stress and improve mental well-being.

**Setting Boundaries:** Limiting exposure to distressing news and social media can help regulate emotional responses.

**Physical Activity:** Exercise releases endorphins, which have mood-boosting effects.

**Creative Expression:** Art, writing, and music can provide healthy outlets for processing emotions.

**Social Support:** Connecting with friends, family, or support groups can foster a sense of community and shared experience.

## **4. Finding Your Voice: Engaging in Climate Action for Personal Well-being**

This field guide to climate anxiety argues that proactive engagement in climate action can significantly alleviate climate anxiety. Taking concrete steps, even small ones, can foster a sense of agency and hope. This section explores different avenues for action:

**Advocacy and activism:** Engaging in political action, supporting environmental organizations, and participating in protests.

**Sustainable living:** Adopting environmentally friendly practices in daily life (reducing carbon footprint, consuming responsibly).

**Community involvement:** Participating in local environmental initiatives and connecting with like-minded individuals.

## **5. Seeking Professional Help: When to Reach Out for Support**

This field guide to climate anxiety acknowledges that some individuals may require professional help to manage their anxiety. This section provides guidance on finding appropriate mental health professionals, identifying therapists specializing in eco-anxiety, and understanding available treatment options (therapy, support groups). We will discuss the importance of finding a therapist who understands the specific challenges of climate anxiety.

## **6. Understanding the Grief of Climate Change: Processing Loss and Finding Meaning**

This field guide to climate anxiety addresses the grief associated with climate change, acknowledging the loss of natural landscapes, biodiversity, and the potential for future losses. We will explore healthy ways to process grief, emphasizing the importance of mourning what is lost while also focusing on building a sustainable future.

## **7. Cultivating Hope and Resilience: Focusing on Solutions and Positive Action**

While acknowledging the severity of the climate crisis, this field guide to climate anxiety emphasizes the importance of maintaining hope and fostering resilience. This section focuses on celebrating progress, highlighting successful climate initiatives, and fostering a sense of collective action and responsibility.

## **8. The Role of Community and Connection: Finding Support and Shared Understanding**

This field guide to climate anxiety underscores the power of community in mitigating climate anxiety. Building connections with others who share similar concerns can foster a sense of belonging, shared understanding, and collective action. This section explores resources for finding support groups, online communities, and local organizations dedicated to addressing climate change and its psychological impacts.

## **9. A Path Forward: Integrating Self-Care, Action, and Community**

This concluding section of our field guide to climate anxiety reiterates the interconnectedness of self-care, proactive engagement in climate action, and community support. It emphasizes that addressing climate anxiety is not about ignoring the problem but about developing healthy coping mechanisms and channeling concern into positive and meaningful action. By integrating these elements, individuals can navigate the challenges of the climate crisis while fostering a sense of purpose, agency, and hope.

## Conclusion:

This field guide to climate anxiety offers a roadmap for navigating the complex emotional landscape of the climate crisis. By understanding the roots of climate anxiety, developing effective coping mechanisms, and actively engaging in climate action, individuals can transform their concern into positive action and build resilience in the face of uncertainty. Remember, you are not alone in this journey. Connecting with others, seeking professional support when needed, and actively contributing to a sustainable future are vital steps in mitigating the psychological impacts of climate change and building a more hopeful future.

## FAQs:

1. Is climate anxiety a diagnosable mental health condition? While not a formal diagnosis in the DSM-5, climate anxiety is a recognized psychological response to the climate crisis and can manifest as symptoms of existing conditions like anxiety or depression.
2. How can I tell if my climate anxiety is becoming debilitating? If your anxiety significantly impacts your daily life, relationships, or ability to function, it's important to seek professional help.
3. What if I feel guilty about my environmental impact? Guilt is a common emotion. Focus on making positive changes and avoid self-blame. Collective action is key.
4. How can I talk to others about climate anxiety? Start by sharing your feelings with trusted friends or family. Emphasize shared concerns and potential solutions.
5. Are there support groups for climate anxiety? Yes, many online and in-person support groups exist. Search for "climate anxiety support" or "eco-anxiety support groups."
6. What are some specific actions I can take to feel more empowered? Start small: reduce your carbon footprint, support green initiatives, or join a local environmental group.
7. Can climate anxiety be prevented? While preventing the emotional response entirely isn't possible, proactive engagement in solutions and building resilience can minimize its impact.
8. How can I help children and young people cope with climate anxiety? Open communication, age-appropriate education about climate solutions, and involvement in environmental projects can be beneficial.
9. Is it okay to feel hopeless about the climate crisis? Feeling overwhelmed is understandable. Focus on what you can control, celebrate small victories, and remember the power of collective action.

## Related Articles:

1. "The Psychology of Climate Change: Understanding and Addressing Eco-Anxiety": Explores the psychological mechanisms behind climate anxiety and offers strategies for coping.
2. "Climate Change and Mental Health: A Review of the Evidence": A comprehensive review of research on the link between climate change and mental health outcomes.
3. "Ecotherapy: Healing through Nature Connection": Examines the therapeutic benefits of spending time in nature to improve mental well-being.
4. "Building Resilience in the Face of Climate Change: A Guide for Individuals and Communities": Offers practical strategies for building personal and collective resilience to climate change impacts.
5. "The Climate Crisis and Children's Mental Health: Protecting Future Generations": Focuses on the specific needs of children and adolescents in the context of the climate crisis.
6. "Activism and Well-being: The Benefits of Engagement for Climate Anxiety": Explores the link between environmental activism and improved mental health.
7. "Finding Hope in the Face of Climate Change: A Practical Guide to Optimism and Action": Offers strategies for maintaining hope and fostering optimism in the face of a daunting challenge.
8. "Sustainable Living for a Healthier Planet and Mind": Explores the interconnectedness of environmental sustainability and mental well-being.
9. "Community Resilience and Climate Change: Building Stronger Communities Together": Highlights the importance of community support in addressing the challenges of climate change.

**a field guide to climate anxiety:** *A Field Guide to Climate Anxiety* Sarah Jaquette Ray, 2020-04-21 Gen Z's first existential toolkit for combating eco-guilt and burnout while advocating for climate justice. A youth movement is reenergizing global environmental activism. The "climate generation"—late millennials and iGen, or Generation Z—is demanding that policy makers and government leaders take immediate action to address the dire outcomes predicted by climate science. Those inheriting our planet's environmental problems expect to encounter challenges, but they may not have the skills to grapple with the feelings of powerlessness and despair that may arise when they confront this seemingly intractable situation. Drawing on a decade of experience leading and teaching in college environmental studies programs, Sarah Jaquette Ray has created an "existential tool kit" for the climate generation. Combining insights from psychology, sociology, social movements, mindfulness, and the environmental humanities, Ray explains why and how we need to let go of eco-guilt, resist burnout, and cultivate resilience while advocating for climate justice. *A Field Guide to Climate Anxiety* is the essential guidebook for the climate generation—and perhaps the rest of us—as we confront the greatest environmental threat of our time.

**a field guide to climate anxiety:** *Generation Dread* Britt Wray, 2022-05-03 FINALIST FOR THE GOVERNOR GENERAL'S LITERARY AWARD A CBC BEST CANADIAN NONFICTION BOOK OF 2022 AN INDIGO TOP TEN BEST SELF-HELP BOOK OF 2022 A vital and deeply compelling read." —Adam McKay, award-winning writer, director and producer (*Don't Look Up*) "Britt Wray shows that addressing global climate change begins with attending to the climate within." —Dr. Gabor Maté, author of *The Myth of Normal* Read this courageous book." —Naomi Klein An impassioned generational perspective on how to stay sane amid climate disruption. Climate and

environment-related fears and anxieties are on the rise everywhere. As with any type of stress, eco-anxiety can lead to burnout, avoidance, or a disturbance of daily functioning. In *Generation Dread*, Britt Wray seamlessly merges scientific knowledge with emotional insight to show how these intense feelings are a healthy response to the troubled state of the world. The first crucial step toward becoming an engaged steward of the planet is connecting with our climate emotions, seeing them as a sign of humanity, and learning how to live with them. We have to face and value eco-anxiety, Wray argues, before we can conquer the deeply ingrained, widespread reactions of denial and disavowal that have led humanity to this alarming period of ecological decline. It's not a level playing field when it comes to our vulnerability to the climate crisis, she notes, but as the situation worsens, we are all on the field—and unlocking deep stores of compassion and care is more important than ever. Weaving in insights from climate-aware therapists, critical perspectives on race and privilege in this crisis, ideas about the future of mental health innovation, and creative coping strategies, *Generation Dread* brilliantly illuminates how we can learn from the past, from our own emotions, and from each other to survive—and even thrive—in a changing world.

**a field guide to climate anxiety: *A Field Guide to Climate Anxiety*** Sarah Jaquette Ray, 2023-10-03 ENG Drawing on a decade of experience leading and teaching in college environmental studies programs, Sarah Jaquette Ray has created an existential tool kit for the climate generation. Combining insights from psychology, sociology, social movements, mindfulness, and the environmental humanities, Ray explains why and how we need to let go of eco-guilt, resist burnout, and cultivate resilience while advocating for climate justice. *A Field Guide to Climate Anxiety* is the essential guidebook for the climate generation--and perhaps the rest of us--as we confront the greatest environmental threat of our time. RUS Опираясь на десятилетний опыт руководства и преподавания программ по изучению окружающей среды, Сара Джэкетт Рэй создала «экзистенциальный набор инструментов» для поколения, озабоченного будущим нашей планеты Объединив знания из области психологии, социологии и экологических гуманитарных наук, Рэй объясняет, почему и как нам необходимо избавиться от чувства экологической вины и как противостоять выгоранию в нелегкой борьбе за климатическую справедливость.

**a field guide to climate anxiety: *A Guide to Eco-Anxiety*** Anouchka Grose, 2020-06-23 The first book to tackle the growing phenomenon of eco-anxiety. Written by a psychoanalyst, with a foreword from Caroline Hickman from the Climate Psychology Alliance, this book offers emotional tools and strategies to ease anxiety by taking positive action on a personal and community level. *A Guide to Eco-Anxiety* outlines a manifesto for action, connection and hope. Showing how to harness anxiety for positive action, as well as effective ways to reduce your personal carbon footprint. The most powerful thing we can do to combat climate change is to talk about it and act collectively. But despite it being an emergency, most people don't bring climate change into conversation in everyday life. The book explores the health impact of experiencing eco-anxiety, grief and trauma, and signposts recommended treatments and therapies. It also tackles practical issues such as: why it's important to reduce plastic waste; parenting and the choice to have a family; which is more effective to bring your carbon footprint down, go vegan or fly less? The book will cultivate a pragmatic form of hope by offering a dynamic toolkit packed with practical ways to connect with community and systemic support, self-care practices to ease the symptoms of anxiety, and strategies to spread awareness and - crucially - bring about change.

**a field guide to climate anxiety: *Turn the Tide on Climate Anxiety*** Megan Kennedy-Woodard, Dr. Patrick Kennedy-Williams, 2022-01-21 It's hard to watch the news, scroll through social media, or listen to the radio without hearing or seeing something disturbing about the climate emergency. This can trigger all sorts of emotions: worry, anger, sadness, guilt, and even grief but also often over-looked positive emotions like motivation, connection, care, and abundance that support mental health and climate action for sustainable longevity. Written by psychologists with extensive experience in treating people with eco-anxiety, this book shows you how to harness these emotions, validate them, and transform them into positive action. It enables you to assess and understand your psychological responses to the climate crisis and move away from unhealthy

defence mechanisms, such as denial and avoidance. Ultimately, it shows that the solution to both climate anxiety and the climate crisis is the same - action that is sustainable for you and for the planet - and empowers you to take steps towards this.

**a field guide to climate anxiety:** *The Anxiety Field Guide* Jason Cusick, 2022-04-26 Anxiety is one of the most pressing mental health issues of our day. In this hope-filled and practical resource, pastor Jason Cusick shares his own journey with anxiety and offers expertise, practical guidance, and empathy. Addressing both the psychological and spiritual aspects of anxiety, this handbook gives simple instructions for developing healthy habits for long-term progress.

**a field guide to climate anxiety: Taking the Heat** Bonnie Schneider, 2022-01-25 From meteorologist and Peabody Award-winning journalist Bonnie Schneider, an innovative look at how climate change is already threatening our mental and physical health and practical tips for you to tackle these challenges head on. The impacts of climate change have become dire. Rising temperatures, volatile weather, and poor air quality affect our physical and mental health in dangerous new ways. From increasing the risk of infectious disease to amplifying emotional stress and anxiety—even the healthiest among us are at risk. Bonnie Schneider has tracked environmentally-linked physiological impacts throughout her career as a TV journalist, meteorologist, and the founder of Weather & Wellness©—a platform that explores the connection between weather, climate change, and health. In *Taking the Heat*, Schneider provides crucial advice from science experts and medical professionals to help you: -Cope with the mental anguish of “eco-anxiety” and other climate change fears for our planet’s future, particularly expressed by millennials and Gen-Z -Identify health hazards caused by extreme heat and air pollution that disproportionately affect low-income and minority communities -Uncover the science behind longer and stronger allergy seasons and learn new ways to reduce your risk of adverse allergic reactions -Detect the increased threat of dangerous pathogens lurking in unexpected places and why we may face future pandemics -Understand how seasonal fluctuations of sunlight, heat, and humidity can not only factor into feelings of depression and anxiety but also can trigger flare-ups for certain auto-immune diseases -Discover how meditation and mindfulness practices can ease the psychological stress that often occurs in the aftermath of devastating natural disasters -Explore how the Earth’s rising temperatures may rob you of restorative sleep and impair mental sharpness -Learn why increased levels of CO2 in the atmosphere may reduce the availability of what you choose to eat; learn sustainable solutions—from food to fitness - And more! Anchored in the latest scientific research and filled with relatable first-person stories, this book is the one guide you need to navigate the future of your own health—mind, body, and spirit, in a rapidly changing environment.

**a field guide to climate anxiety: Learning to Live with Climate Change** Blanche Verlie, 2021-06-16 This imaginative and empowering book explores the ways that our emotions entangle us with climate change and offers strategies for engaging with climate anxiety that can contribute to social transformation. Climate educator Blanche Verlie draws on feminist, more-than-human and affect theories to argue that people in high-carbon societies need to learn to ‘live-with’ climate change: to appreciate that human lives are interconnected with the climate, and to cultivate the emotional capacities needed to respond to the climate crisis. *Learning to Live with Climate Change* explores the cultural, interpersonal and sociological dimensions of ecological distress. The book engages with Australia’s 2019/2020 ‘Black Summer’ of bushfires and smoke, undergraduate students’ experiences of climate change, and contemporary activist movements such as the youth strikes for climate. Verlie outlines how we can collectively attune to, live with, and respond to the unsettling realities of climate collapse while counteracting domineering ideals of ‘climate control.’ This impressive and timely work is both deeply philosophical and immediately practical. Its accessible style and real-world relevance ensure it will be valued by those researching, studying and working in diverse fields such as sustainability education, climate communication, human geography, cultural studies, environmental sociology and eco-psychology, as well as the broader public. The Open Access version of this book, available at <https://doi.org/10.4324/9780367441265>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0

license.

**a field guide to climate anxiety: All We Can Save** Ayana Elizabeth Johnson, Katharine K. Wilkinson, 2021-07-20 NATIONAL BESTSELLER • Provocative and illuminating essays from women at the forefront of the climate movement who are harnessing truth, courage, and solutions to lead humanity forward. “A powerful read that fills one with, dare I say . . . hope?”—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY SMITHSONIAN MAGAZINE There is a renaissance blooming in the climate movement: leadership that is more characteristically feminine and more faithfully feminist, rooted in compassion, connection, creativity, and collaboration. While it’s clear that women and girls are vital voices and agents of change for this planet, they are too often missing from the proverbial table. More than a problem of bias, it’s a dynamic that sets us up for failure. To change everything, we need everyone. All We Can Save illuminates the expertise and insights of dozens of diverse women leading on climate in the United States—scientists, journalists, farmers, lawyers, teachers, activists, innovators, wonks, and designers, across generations, geographies, and race—and aims to advance a more representative, nuanced, and solution-oriented public conversation on the climate crisis. These women offer a spectrum of ideas and insights for how we can rapidly, radically reshape society. Intermixing essays with poetry and art, this book is both a balm and a guide for knowing and holding what has been done to the world, while bolstering our resolve never to give up on one another or our collective future. We must summon truth, courage, and solutions to turn away from the brink and toward life-giving possibility. Curated by two climate leaders, the book is a collection and celebration of visionaries who are leading us on a path toward all we can save. With essays and poems by: Emily Atkin • Xiye Bastida • Ellen Bass • Colette Pichon Battle • Jainey K. Bavishi • Janine Benyus • adrienne maree brown • Régine Clément • Abigail Dillen • Camille T. Dungy • Rhiana Gunn-Wright • Joy Harjo • Katharine Hayhoe • Mary Annaïse Heglar • Jane Hirshfield • Mary Anne Hitt • Ailish Hopper • Tara Houska, Zhaabowekwe • Emily N. Johnston • Joan Naviyuk Kane • Naomi Klein • Kate Knuth • Ada Limón • Louise Maher-Johnson • Kate Marvel • Gina McCarthy • Anne Haven McDonnell • Sarah Miller • Sherri Mitchell, Weh’na Ha’mu Kwasset • Susanne C. Moser • Lynna Odel • Sharon Olds • Mary Oliver • Kate Orff • Jacqui Patterson • Leah Penniman • Catherine Pierce • Marge Piercy • Kendra Pierre-Louis • Varshini • Prakash • Janisse Ray • Christine E. Nieves Rodriguez • Favianna Rodriguez • Cameron Russell • Ash Sanders • Judith D. Schwartz • Patricia Smith • Emily Stengel • Sarah Stillman • Leah Cardamore Stokes • Amanda Sturgeon • Maggie Thomas • Heather McTeer Toney • Alexandria Villaseñor • Alice Walker • Amy Westervelt • Jane Zelikova

**a field guide to climate anxiety: Emotional Resiliency in the Era of Climate Change** Leslie Davenport, 2017-01-19 Although the environmental and physical effects of climate change have long been recognised, little attention has been given to the profound negative impact on mental health. Leslie Davenport presents comprehensive theory, strategies and resources for addressing key clinical themes specific to the psychological impact of climate change. She explores the psychological underpinnings that have contributed to the current global crisis, and offers robust therapeutic interventions for dealing with anxiety, stress, depression, trauma and other clinical mental health conditions resulting from environmental damage and disaster. She emphasizes the importance of developing resilience and shows how to utilise the many benefits of guided imagery and mindful presence techniques, and carry out interventions that draw on expert research into ecopsychology, wisdom traditions, earth-based indigenous practices and positive psychology. The strategies in this book will cultivate transformative, person-centred ways of being, resulting in regenerative lifestyles that benefit both the individual and the planet.

**a field guide to climate anxiety: All the Feelings Under the Sun** Leslie Davenport, 2021-09-28 KIDS' BOOK CHOICE AWARDS finalist! Kids will get an expert understanding of the science behind climate crisis, plus engage with lots of do-able self-guided activities, journaling prompts, and useful resources. Readers will also hear about other kids around the world who have made a difference that just may inspire them to practice eco-justice and combat global climate injustice themselves, by putting their own eco-values into action. All the Feelings Under the Sun is



bound to help kids find just what they need to manage stress, anxiety, and all those big emotions about climate, the environment, and ecosystems, and become better equipped to take an eco-wise approach to life and make their own part of the world a little healthier and happier, too. All the Feelings Under the Sun: How to Deal with Climate Change is a timely, thoughtful book that will help kids work through your feelings of anxiety and stress relating to climate change. They'll discover all the ways that nature is beautiful, powerful, delicate, fierce, mysterious, and awesome, but also learn how rising temperatures are affecting everything—plants, animals, people, and the environment—and what they can do about it.

**a field guide to climate anxiety: Hope Matters** Elin Kelsey, 2020-10-27 “This book comes at just the right moment. It is NOT too late if we get together and take action, NOW.” —Jane Goodall Fears about climate change are fueling an epidemic of despair across the world: adults worry about their children’s future; thirty-somethings question whether they should have kids or not; and many young people honestly believe they have no future at all. In the face of extreme eco-anxiety, scholar and award-winning author Elin Kelsey argues that our hopelessness—while an understandable reaction—is hampering our ability to address the very real problems we face. Kelsey offers a powerful solution: hope itself. Hope Matters boldly breaks through the narrative of doom and gloom to show why evidence-based hope, not fear, is our most powerful tool for change. Kelsey shares real-life examples of positive climate news that reveal the power of our mindsets to shape reality, the resilience of nature, and the transformative possibilities of individual and collective action. And she demonstrates how we can build on positive trends to work toward a sustainable and just future, before it’s too late. Praise for Hope Matters “Whether you consider yourself a passionate ally of nature, a busy bystander, or anything in between, this book will uplift your spirits, helping you find hope in the face of climate crisis.” —Veronica Joyce Lin, North American Association for Environmental Education “30 Under 30” “A tonic in hard times.” —Claudia Dreyguis, author of Scientific Conversations: Interviews on Science from the New York Times “Beautifully written and an effective antidote against apathy and inaction.” —Christof Mauch, Director, Rachel Carson Center for the Environment and Society Published in Partnership with the David Suzuki Institute.

**a field guide to climate anxiety: Don't Even Think About It** George Marshall, 2015-08-18 The director of the Climate Outreach and Information Network explores the psychological mechanism that enables people to ignore the dangers of climate change, using sidebars, cartoons and engaging stories from his years of research to reveal how humans are wired to primarily respond to visible threats.

**a field guide to climate anxiety: Why Good People Do Bad Environmental Things** Elizabeth R. DeSombre, 2018-03-02 No one sets out to intentionally cause environmental problems. All things being equal, we are happy to protect environmental resources; in fact, we tend to prefer our air cleaner and our species protected. But despite not wanting to create environmental problems, we all do so regularly in the course of living our everyday lives. Why do we behave in ways that cause environmental harm? It is often easy and inexpensive to behave in ways with bad environmental consequences, but more difficult and costly to take environmentally friendly actions. The incentives we face, some created by the nature of environmental resources, some by social and political structures, often do not make environmentally beneficial behavior the most likely choice. Furthermore, our behavior is conditioned by habits and social norms that fail to take environmental protection into consideration. In this book, Elizabeth R. DeSombre integrates research from political science, sociology, psychology, and economics to understand why bad environmental behavior makes perfect sense. As she notes, there is little evidence that having more information about environmental problems or the way an individual's actions contribute to them changes behavior in meaningful ways, and lack of information is rarely the underlying cause that connects behavior to harm. In some cases such knowledge may even backfire, as people come to see themselves as powerless to address huge global problems and respond by pushing these issues out of their minds. The fact that causing environmental problems is never anyone's primary goal means that people are happy to stop causing them if the alternative behavior still accomplishes their underlying goals. If

we can figure out why those problems are caused, when no one intends to cause them, we can develop strategies that work to shift behavior in a positive direction. Over the course of this book, DeSombre considers the role of structure, incentives, information, habit, and norms on behavior in order to formulate lessons about how these factors lead to environmentally problematic behavior, and what understanding their effects can tell us about ways to change behavior. To prevent or address environmental problems, we have to understand why even good people do bad environmental things.

**a field guide to climate anxiety:** *Love in the Time of Climate Change* Jenny Justice, 2019-12-09 Drawing upon themes of love, relationships, family and themes of anxiety, fear, and worry regarding the consequences of climate change, this book of poetry shines light on the ways we are all connected and the work we all must do, both for love, and for planet. *Love in the Time of Climate Change* is a book of poetry that is spiritual, personal, universal, and moving. It is a book that will touch hearts, inspire minds, and fuel inspiration for hope, activism, justice, and compassion. The poems in this book flow from poems of love, from poems of family, to poems of environmental issues, species extinction, air pollution, and the reality that we are living and loving in a world on fire. *Love in the Time of Climate Change, A Book of Poems* is a cozy, enjoyable, sweet, and serious analysis that celebrates the power of love while also situating it within the context of the anxiety, worry, upset, and grief caused by a changing planet.

**a field guide to climate anxiety:** *The Field Guide to the North American Teenager* Ben Philippe, 2019-01-08 William C. Morris YA Debut Award Winner! A hilarious YA contemporary realistic novel about a witty Black French Canadian teen who moves to Austin, Texas, and experiences the joys, clichés, and awkward humiliations of the American high school experience—including falling in love. Perfect for fans of Nicola Yoon, *When Dimple Met Rishi*, and John Green. Norris Kaplan is clever, cynical, and quite possibly too smart for his own good. A Black French Canadian, he knows from watching American sitcoms that those three things don't bode well when you are moving to Austin, Texas. Plunked into a new high school and sweating a ridiculous amount from the oppressive Texas heat, Norris finds himself cataloging everyone he meets: the Cheerleaders, the Jocks, the Loners, and even the Manic Pixie Dream Girl. Making a ton of friends has never been a priority for him, and this way he can at least amuse himself until it's time to go back to Canada, where he belongs. Yet against all odds, those labels soon become actual people to Norris...like loner Liam, who makes it his mission to befriend Norris, or Madison the beta cheerleader, who is so nice that it has to be a trap. Not to mention Aarti the Manic Pixie Dream Girl, who might, in fact, be a real love interest in the making. But the night of the prom, Norris screws everything up royally. As he tries to pick up the pieces, he realizes it might be time to stop hiding behind his snarky opinions and start living his life—along with the people who have found their way into his heart.

**a field guide to climate anxiety:** *Under the Sky We Make* Kimberly Nicholas PhD, 2021-03-23 \*\* Los Angeles Times bestseller \*\* It's warming. It's us. We're sure. It's bad. But we can fix it. After speaking to the international public for close to fifteen years about sustainability, climate scientist Dr. Nicholas realized that concerned people were getting the wrong message about the climate crisis. Yes, companies and governments are hugely responsible for the mess we're in. But individuals CAN effect real, significant, and lasting change to solve this problem. Nicholas explores finding purpose in a warming world, combining her scientific expertise and her lived, personal experience in a way that seems fresh and deeply urgent: Agonizing over the climate costs of visiting loved ones overseas, how to find low-carbon love on Tinder, and even exploring her complicated family legacy involving supermarket turkeys. In her astonishing, bestselling book *Under the Sky We Make*, Nicholas does for climate science what Michael Pollan did more than a decade ago for the food on our plate: offering a hopeful, clear-eyed, and somehow also hilarious guide to effecting real change, starting in our own lives. Saving ourselves from climate apocalypse will require radical shifts within each of us, to effect real change in our society and culture. But it can be done. It requires, Dr. Nicholas argues, belief in our own agency and value, alongside a deep understanding

that no one will ever hand us power--we're going to have to seize it for ourselves.

**a field guide to climate anxiety:** Coal Mark C. Thurber, 2019-05-07 By making available the almost unlimited energy stored in prehistoric plant matter, coal enabled the industrial age – and it still does. Coal today generates more electricity worldwide than any other energy source, helping to drive economic growth in major emerging markets. And yet, continued reliance on this ancient rock carries a high price in smog and greenhouse gases. We use coal because it is cheap: cheap to scrape from the ground, cheap to move, cheap to burn in power plants with inadequate environmental controls. In this book, Mark Thurber explains how coal producers, users, financiers, and technology exporters drive this supply chain, while fragmented environmental movements battle for full incorporation of environmental costs into the global calculus of coal. Delving into the politics of energy versus the environment at local, national, and international levels, Thurber paints a vivid picture of the multi-faceted challenges associated with continued coal production and use in the twenty-first century.

**a field guide to climate anxiety:** Time and Social Theory Barbara Adam, 2013-03-01 Time is at the forefront of contemporary scholarly inquiry across the natural sciences and the humanities. Yet the social sciences have remained substantially isolated from time-related concerns. This book argues that time should be a key part of social theory and focuses concern upon issues which have emerged as central to an understanding of today's social world. Through her analysis of time Barbara Adam shows that our contemporary social theories are firmly embedded in Newtonian science and classical dualistic philosophy. She exposes these classical frameworks of thought as inadequate to the task of conceptualizing our contemporary world of standardized time, computers, nuclear power and global telecommunications.

**a field guide to climate anxiety:** The Opposite of Hate Sally Kohn, 2018-04-10 “A stunning debut by a truly gifted writer—an eye-opening read for both liberals and conservatives—and it could not come at a better time.”—Adam Grant, New York Times bestselling author of *Option B*, with Sheryl Sandberg What is the opposite of hate? As a progressive commentator on Fox News and now CNN, Sally Kohn has made a career out of bridging intractable political differences and learning how to talk respectfully with people whose views she disagrees with passionately. Her viral TED Talk on the need to practice emotional—rather than political—correctness sparked a new way of considering how often we amplify our differences and diminish our connections. But these days even famously “nice” Kohn finds herself wanting to breathe fire at her enemies. It was time, she decided, to look into the epidemic of hate all around us and learn how we can stop it. In *The Opposite of Hate*, Kohn talks to leading scientists and researchers and investigates the evolutionary and cultural roots of hate and how incivility can be a gateway to much worse. She travels to Rwanda, the Middle East, and across the United States, introducing us to former terrorists and white supremacists, and even some of her own Twitter trolls, drawing surprising lessons from dramatic and inspiring stories of those who left hate behind. As Kohn confronts her own shameful moments, whether it was back when she bullied a classmate or today when she harbors deep partisan resentment, she discovers, “The opposite of hate is the beautiful and powerful reality of how we are all fundamentally linked and equal as human beings. The opposite of hate is connection.” Sally Kohn’s engaging, fascinating, and often funny book will open your eyes and your heart.

**a field guide to climate anxiety:** Drought, Flood, Fire Chris C. Funk, 2021-05-27 The latest science and compelling stories describing the impacts of droughts, floods, and fires in the context of climate change.

**a field guide to climate anxiety:** The Ecological Other Sarah Jaquette Ray, 2013-05-16 This book engages recent scholarship on trans-corporeality, disability studies, and environmental justice. Ray argues that environmental discourse often frames ecological crisis as a crisis of the body, therefore promoting ecological health at the cost of social equality. Ray urges us to be careful about the ways in which we construct “others” in our arguments to protect nature.

**a field guide to climate anxiety:** Coward Tim Clare, 2022-05-05 After a decade of living with panic attacks and anxiety, Tim Clare made a promise to himself – he would try everything he could

to get better, every method and medicine. His year of treatments took him from anti-depressants to hypnosis, running to extreme diets, ice baths to faecal transplants. At the end of it he discovers what helps him (and what doesn't), and what might help others. Most of all, he comes to rethink anxiety and encourages all of us to do the same.

**a field guide to climate anxiety: Youth to Power** Jamie Margolin, 2020-06-02 Jamie Margolin is among the powerful and inspiring youth activists leading a movement to demand urgent action on the climate crisis. With determined purpose and moral clarity, Jamie is pushing political leaders to develop ambitious plans to confront this existential threat to humanity. Youth To Power is an essential how-to for anyone of any age who feels called to act to protect our planet for future generations. --- Former Vice President Al Gore Climate change activist and Zero Hour cofounder Jamie Margolin offers the essential guide to changemaking for young people. The 1963 Children's March. The 2016 Dakota Access Pipeline protests. March for Our Lives, and School Strike for Climate. What do all these social justice movements have in common? They were led by passionate, informed, engaged young people. Jamie Margolin has been organizing and protesting since she was fourteen years old. Now the co-leader of a global climate action movement, she knows better than most how powerful a young person can be. You don't have to be able to vote or hold positions of power to change the world. In *Youth to Power*, Jamie presents the essential guide to changemaking, with advice on writing and pitching op-eds, organizing successful events and peaceful protests, time management as a student activist, utilizing social and traditional media to spread a message, and sustaining long-term action. She features interviews with prominent young activists including Tokata Iron Eyes of the #NoDAPL movement and Nupol Kiazolu of the #BlackLivesMatter movement, who give guidance on handling backlash, keeping your mental health a priority, and how to avoid getting taken advantage of. Jamie walks readers through every step of what effective, healthy, intersectional activism looks like. Young people have a lot to say, and *Youth to Power* will give you the tools to raise your voice.

**a field guide to climate anxiety: *A Field Guide to Earthlings*** Ian Ford, 2010 Autistic people often live in a state of anxiety and confusion about the social world, running into misunderstandings and other barriers. This book unlocks the inner workings of neurotypical behavior, which can be mysterious to autistics. Proceeding from root concepts of language and culture through 62 behavior patterns used by neurotypical people, the book reveals how they structure a mental map of the world in symbolic webs of beliefs, how those symbols are used to filter perception, how they build and display their identity, how they compete for power, and how they socialize and develop relationships--

**a field guide to climate anxiety: *Abortion Politics*** Ziad Munson, 2018-05-21 Abortion has remained one of the most volatile and polarizing issues in the United States for over four decades. Americans are more divided today than ever over abortion, and this debate colors the political, economic, and social dynamics of the country. This book provides a balanced, clear-eyed overview of the abortion debate, including the perspectives of both the pro-life and pro-choice movements. It covers the history of the debate from colonial times to the present, the mobilization of mass movements around the issue, the ways it is understood by ordinary Americans, the impact it has had on US political development, and the differences between the abortion conflict in the US and the rest of the world. Throughout these discussions, Ziad Munson demonstrates how the meaning of abortion has shifted to reflect the changing anxieties and cultural divides which it has come to represent. *Abortion Politics* is an invaluable companion for exploring the abortion issue and what it has to say about American society, as well as the dramatic changes in public understanding of women's rights, medicine, religion, and partisanship.

**a field guide to climate anxiety: *The Journey of Soul Initiation*** Bill Plotkin, PhD, 2021-01-12 Soul initiation is an essential spiritual adventure that most of the world has forgotten — or not yet discovered. Here, visionary ecopsychologist Bill Plotkin maps this journey, one that has not been previously illuminated in the contemporary Western world and yet is vital for the future of our species and our planet. Based on the experiences of thousands of people, this book provides

phase-by-phase guidance for the descent to soul — the dissolution of current identity; the encounter with the mythopoetic mysteries of soul; and the metamorphosis of the ego into a cocreator of life-enhancing culture. Plotkin illustrates each phase of this riveting and sometimes hazardous odyssey with fascinating stories from many people, including those he has guided. Throughout he weaves an in-depth exploration of Carl Jung's Red Book — and an innovative framework for understanding it.

**a field guide to climate anxiety: *Climate Change and Youth*** Linda Goldman, 2022-05-10 *Climate Change and Youth* is a pioneering book that opens the door to understanding the profound impact climate change has on the mental health of today's young people. Chapters provide age-appropriate language for a meaningful dialogue and resources for acknowledging children's voices, separating fact from fiction about environmental issues, encouraging participation in activism, creating tools to reduce stress, and highlighting inspirational role models and organizations for action. The book includes firsthand examples, research, children's work, interviews, and terminology. It also shares age-appropriate resources and websites relating to climate change and challenges. Filling a large void in the literature on this topic, this essential resource offers techniques and tools that professionals and caring adults can use to address the stresses associated with climate change and offer strategies for hope, resilience, and action.

**a field guide to climate anxiety: *Dr. Kidd's Guide to Herbal Dog Care*** Randy Kidd, 2000-01-01 Holistic veterinarian Dr. Randy Kidd explains how herbs can be used in the care of dogs. Includes chapters on common dog ailments and how to address them. Illustrations.

**a field guide to climate anxiety: *Liquid Fear*** Zygmunt Bauman, 2013-05-08 Modernity was supposed to be the period in human history when the fears that pervaded social life in the past could be left behind and human beings could at last take control of their lives and tame the uncontrolled forces of the social and natural worlds. And yet, at the dawn of the twenty-first century, we live again in a time of fear. Whether its the fear of natural disasters, the fear of environmental catastrophes or the fear of indiscriminate terrorist attacks, we live today in a state of constant anxiety about the dangers that could strike unannounced and at any moment. Fear is the name we give to our uncertainty in the face of the dangers that characterize our liquid modern age, to our ignorance of what the threat is and our incapacity to determine what can and can't be done to counter it. This new book by Zygmunt Bauman one of the foremost social thinkers of our time is an inventory of liquid modern fears. It is also an attempt to uncover their common sources, to analyse the obstacles that pile up on the road to their discovery and to examine the ways of putting them out of action or rendering them harmless. Through his brilliant account of the fears and anxieties that weigh on us today, Bauman alerts us to the scale of the task which we shall have to confront through most of the current century if we wish our fellow humans to emerge at its end feeling more secure and self-confident than we feel at its beginning.

**a field guide to climate anxiety: *The Cambridge Handbook of Anxiety and Related Disorders*** Bunmi O. Olatunji, 2019-01-03 This Handbook surveys existing descriptive and experimental approaches to the study of anxiety and related disorders, emphasizing the provision of empirically-guided suggestions for treatment. Based upon the findings from the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the chapters collected here highlight contemporary approaches to the classification, presentation, etiology, assessment, and treatment of anxiety and related disorders. The collection also considers a biologically-informed framework for the understanding of mental disorders proposed by the National Institute of Mental Health's Research Domain Criteria (RDoC). The RDoC has begun to create a new kind of taxonomy for mental disorders by bringing the power of modern research approaches in genetics, neuroscience, and behavioral science to the problem of mental illness. The framework is a key focus for this book as an authoritative reference for researchers and clinicians.

**a field guide to climate anxiety: *Stop Saving the Planet!: An Environmentalist Manifesto*** Jenny Price, 2021-04-20 Pithy, funny, exasperated, and informed...You cannot read a more important hundred pages than *Stop Saving the Planet!* —Richard White, author of *The Republic for Which It*

Stands We've been saving the planet for decades!...And environmental crises just get worse. All this hybrid driving and LEED building and carbon trading seems to accomplish little to nothing—and low-income communities continue to suffer the worst consequences. Why aren't we cleaning up the toxic messes and rolling back climate change? And why do so many Americans hate environmentalists? Jenny Price says Enough already! with this short, fun, fierce manifesto for an environmentalism that is hugely more effective, a whole lot fairer, and infinitely less righteous. She challenges you, corporate sustainability officers, and the EPA to think and act completely anew—and to start right now—to ensure a truly habitable future.

**a field guide to climate anxiety:** Global Health and International Relations Colin McInnes, Kelley Lee, 2013-05-02 The long separation of health and International Relations, as distinct academic fields and policy arenas, has now dramatically changed. Health, concerned with the body, mind and spirit, has traditionally focused on disease and infirmity, whilst International Relations has been dominated by concerns of war, peace and security. Since the 1990s, however, the two fields have increasingly overlapped. How can we explain this shift and what are the implications for the future development of both fields? Colin McInnes and Kelley Lee examine four key intersections between health and International Relations today - foreign policy and health diplomacy, health and the global political economy, global health governance and global health security. The explosion of interest in these subjects has, in large part, been due to real world concerns - disease outbreaks, antibiotic resistance, counterfeit drugs and other risks to human health amid the spread of globalisation. Yet the authors contend that it is also important to understand how global health has been socially constructed, shaped in theory and practice by particular interests and normative frameworks. This groundbreaking book encourages readers to step back from problem-solving to ask how global health is being problematized in the first place, why certain agendas and issue areas are prioritised, and what determines the potential solutions put forth to address them? The palpable struggle to better understand the health risks facing a globalized world, and to strengthen collective action to deal with them effectively, begins - they argue - with a more reflexive and critical approach to this rapidly emerging subject.

**a field guide to climate anxiety:** The Thinking Person's Guide to Climate Change Robert Henson, 2019 This book is derived from material originally published as The rough guide to climate change--Copyright page.

**a field guide to climate anxiety:** *This Messy Magnificent Life* Geneen Roth, 2018-03-06 Geneen Roth, author of the #1 New York Times bestseller *Women Food and God*, explains how to take the journey to find one's own best self in this "beautiful, funny, deeply relevant" (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, *This Messy Magnificent Life* is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It's a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it's about stopping the search to fix ourselves by realizing that on the other side of the "Me Project" is spaciousness, peace, and the capacity to reclaim one's power and joy. *This Messy Magnificent Life* explores the personal beliefs, hidden traumas, and social pressures that shape not just women's feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. *This Messy Magnificent Life* is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

**a field guide to climate anxiety:** The Backyard Field Guide to Chickens Christine Heinrichs, 2016-05-15 Searching for chickens that best fit your needs? The Backyard Field Guide to Chickens can help, with descriptions of each breed's qualities, temperament, average egg production, and more.

**a field guide to climate anxiety: Miseducation** Katie Worth, 2021-11-09 Why are so many American children learning so much misinformation about climate change? Investigative reporter Katie Worth reviewed scores of textbooks, built a 50-state database, and traveled to a dozen communities to talk to children and teachers about what is being taught, and found a red-blue divide in climate education. More than one-third of young adults believe that climate change is not man-made, and science teachers who teach global warming are being contradicted by history teachers who tell children not to worry about it. Who has tried to influence what children learn, and how successful have they been? Worth connects the dots to find out how oil corporations, state legislatures, school boards, and textbook publishers sow uncertainty, confusion, and distrust about climate science. A thoroughly researched, eye-opening look at how some states do not want children to learn the facts about climate change.

**a field guide to climate anxiety: *Our Only Home*** Dalai Lama, Franz Alt, 2020-11-17 “This impassioned account is ideal for readers well versed in current climate change activism, especially efforts spearheaded by Greta Thunberg.”—Library Journal From the voice of the beloved world religious leader comes an eye-opening manifesto that empowers the generation of today to step up, take action and save our environment. Saving the climate is our common duty. With each passing day, climate change is causing Pacific islands to disappear into the sea, accelerating the extinction of species at alarming proportions and aggravating a water shortage that has affected the entire world. In short, climate change can no longer be denied—it threatens our existence on earth. In this new book, the Dalai Lama, one of the most influential figures of our time, calls on political decision makers to finally fight against deadlock and ignorance on this issue and to stand up for a different, more climate-friendly world and for the younger generation to assert their right to regain their future.

**a field guide to climate anxiety: *Climate Psychology*** Paul Hoggett, 2019-06-01 This book investigates the psycho-social phenomenon which is society’s failure to respond to climate change. It analyses the non-rational dimensions of our collective paralysis in the face of worsening climate change and environmental destruction, exploring the emotional, ethical, social, organizational and cultural dynamics to blame for this global lack of action. The book features eleven research projects from four different countries and is divided in two parts, the first highlighting novel methodologies, the second presenting new findings. Contributors to the first part show how a ‘deep listening’ approach to research can reveal the anxieties, tensions, contradictions, frames and narratives that contribute to people’s experiences, and the many ways climate change and other environmental risks are imagined through metaphor, imagery and dreams. Using detailed interview extracts drawn from politicians, scientists and activists as well as ordinary people, the second part of the book examines the many different ways in which we both avoid and square up to this gathering disaster, and the many faces of alarm, outrage, denial and indifference this involves.

**a field guide to climate anxiety: *Kids Fight Climate Change: Act Now to Be a #2minutesuperhero*** Martin Dorey, 2022-03-22 Kids can help save planet Earth with these positive, climate-focused missions from best-selling author and eco-warrior Martin Dorey. Our planet is in trouble! But with the help of this book, every kid can be a superhero making a difference. Sixty engaging missions guide readers through making carbon-saving changes in all aspects of their lives, from gardening to gadgets—even a DIY water-saving device for their toilet tank! Aided by lively illustrations, the author weaves crucial climate statistics and helpful resources with stories of positive change already happening, such as the resurgence of the Eurasian beaver due to conservation efforts. Along the way, readers meet other superheroes, both animal and human, who are changing the world too. With advice about speaking up and inspiring others to join in, veteran environmentalist Martin Dorey infuses optimism and encouragement into this essential guide to saving Earth, two minutes at a time.

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