



ECO CHARGE

TRANSFORMING ECO ANXIETY

A WELL-BEING AND BEHAVIOR ADAPTATION RESOURCE
AND MOVEMENT BUILDING TOOL

Further Strengthening the
Ecological Climate Action
Movement in the Global
South

Air pollution in Nepal



Floods in Cambodia



Fires in Australia

CURRENT SITUATION

Young people are disproportionately affected by the climate crisis - especially those in the Global South, who will carry the burden of its social, economic, political impacts into the future. Youth-led climate and environmental movements are on the rise worldwide, with the emergence of initiatives such as Fridays For Future. But young climate action leaders are also disproportionately exposed to the harmful impacts of eco-anxiety – which is unlike ordinary anxiety, like worrying about finances or an exam. It is an existential anxiety about a real and sizeable threat.

1. Governments are not yet fully aware of eco-anxiety, and it is therefore not integrated into climate policy or climate response plans
2. Scholars and practitioners are still in the early stages of understanding and managing eco-anxiety in non-clinical settings
3. Climate youth activists are experiencing signs and symptoms of eco-anxiety but often do not know how to manage or channel these signs and symptoms in themselves
4. Psychological and mental wellbeing aspects of climate change are not adequately addressed or integrated in existing climate leadership programs.
5. Research has proven that connecting to nature can strengthen mental well-being. But currently, climate leadership or advocacy programs do not integrate topophilia (a sense of belonging) and placemaking as integral solutions to addressing eco-anxiety

KEY BARRIERS

1. Lack of knowledge and awareness about eco-anxiety among researchers, policymakers, and climate movement actors – especially in the Global South;
2. Young people are experiencing polycrisis, which is triggering burnout for many youths.
3. Lack of knowledge and commitments by national governments to integrate eco-anxiety into high-level climate action policy and programs; and
4. Lack of funding and resources for specific activities raising awareness about eco-anxiety.

"Climate anxiety is not just a climate concern but it is a compound feeling that affects daily life".



"I thought sharing about my climate anxiety and stress would burden everyone around, therefore I kept it within myself for a while. But acknowledging and accepting the anxiety and the facts of climate change was the first step to calm the emotional waves."

Dipika Tamang – Nepalese Climate Youth Action



"Conversations about anxiety and fears with like minded people, helped share burden with each other and it also felt a bit lighter after the open conversations. "



ECO ANXIETY 2022 SNAPSHOT

87%

**Believe climate change
is important to them**

80%

**Agree youth are the
most affected by the
consequences of climate
change**

70%

**Have experienced eco
anxiety in the form of
stress , anxious
thoughts, and anger**

53%

**Deal with eco
anxiety by keeping
to themselves**

40%

**Deal with eco anxiety by
spending time in nature**

88%

**Believe nature can serve
as a coping mechanism
for eco anxiety**

88%

**Believe hope is an
incentive to encourage
positive change and action**

80%

**Have experienced
forms of eco anxiety**

ECO ANXIETY 2022 SNAPSHOT

Q. What benefits can nature spaces provided?

- “Relaxation and release from the busy urban area and better air conditions”
- “It can help us reconnect with mother earth”
- “It's good to see greener things , it's healthy for the mind and body”
- “Reduce eco-anxiety”
- “Boost mental well-being and people relationship, healthier lifestyle, better tourism, less heat in the city, greener community”
- “It somehow gives a calming and relaxing atmosphere. So, it will definitely be a stress reliever”
- “I think having more nature spaces provide our mind peaceful and reduce our eco anxiety , pollution and healthier (like improve our immune function)”

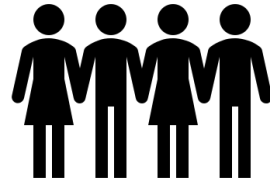


THE 'ECO CHARGE' RESOURCE KIT



What is it?

1. A resource kit to integrate and address eco-anxiety within existing climate action programs through (1) awareness, (2) nature based self-healing through local wisdom, and (3) creative placemaking



Who is it for?

1. **Climate youth leaders aged 18-27** who are experiencing eco anxiety and/or want to address eco anxiety in the community
2. **Organizations** who have existing youth climate leadership programs involving climate action and/or mobilization activities.



Why is it important?

1. Builds and promotes awareness and techniques to manage eco anxiety
2. Creates more holistic, stronger, and prepared youth climate leaders
3. Strengthens human connection to nature
4. Contributes to movement building

BUSINESS CASE



Youth are first responders/on the front line – youth to youth approach



Complimentary supporting tool for climate youth organizations



Addresses existing gaps in climate leadership programs/climate activities



Combines local wisdom, culture and art



Connects experts and organizations with different areas of focus

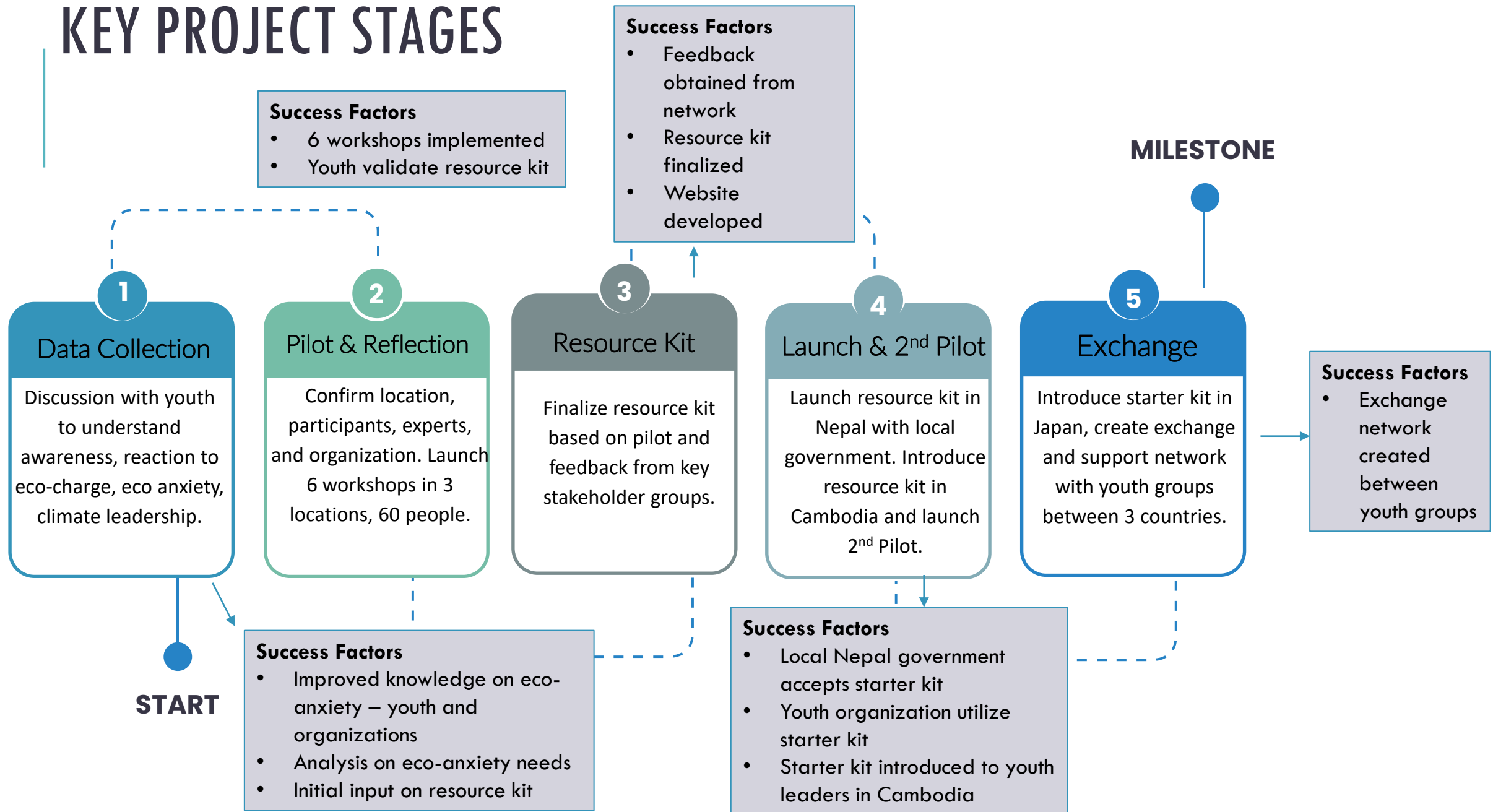


Connects with nature via indigenous expertise



Adaptable resource

KEY PROJECT STAGES



EXPECTED DELIVERABLES



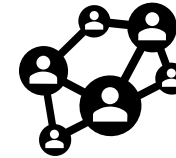
Webinar

Improved information on eco-anxiety delivered to climate youth leaders. Resource kit framework shared; initial feedback provided.



Pilot

6 workshops implemented with climate youth leaders from 18-27 years old in 2 countries



Eco Charge Community

Network of climate youth leaders created to connect on eco-anxiety and mobilization activities



Website & Platforms

Host resource kit and repository of experts on website



Resource Kit

Eco-Charge resource kit finalized and distributed. Online introduction and in person experience provided.

GOAL REVIEW

1. Increased awareness and integration of eco-anxiety and mental well-being as key issues across youth climate action in Global South countries
2. Youth climate leaders adapting the resource kit as a component of their climate action movements – and therefore, stronger, and more sustainable youth-led climate action movements in the Global South
3. Introduction of eco-anxiety to government and climate organizations – which opens the space for key policy interventions around this issue in the future



PILOT BUDGET — 1 YEAR, NEPAL

Budget Items	Associated Fees in USD
Professional Renumeration	\$30,000
Travel to and within Nepal for Team & Experts	\$17,500
Pilot Implementation; 3 Locations & 6 Workshops	\$16,800
Starter Kit Development and Launch in Nepal	\$11,700
Promotion of Eco Charge Roadshow (Travel & Accommodation, 1 x Launch, 3 Team Members, Documentary Showcase)	\$24,000
Total	\$100,000

RESOURCE KIT OUTLINE

Knowledge

What is eco-anxiety?

How to recognize eco-anxiety?

How to transfer knowledge on eco-anxiety?

Self-Healing

Meditation/Yoga

Acupoint pressure

Breathwork

Camping/Trekking with indigenous groups

Mobilization

Creative community cultural assessment

Storytelling

Games

Collaborative art framework

Key Points

- Actionable
- Accessible
- Usable
- Adaptable

Tool

- Diagrams
- Cartoon
- Checklist
- List of key questions to ask
- Pre-post test outline
- M&E framework
- Resource list

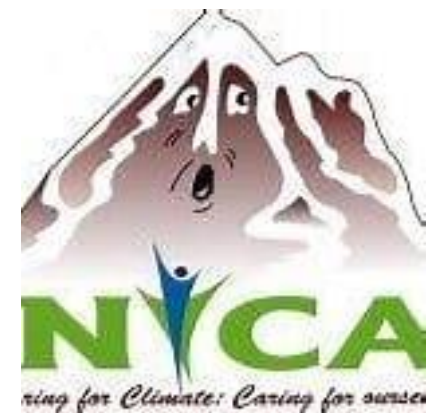
Tool

- Diagrams
- Training – How to
- Discussion points
- Resource list

Tool

- Templates
- Training guide
- Examples
- M&E checklist
- Resource list

IMPLEMENTING PARTNERS — PILOT NEPAL





Eco-Charge: Transforming Eco-Anxiety

Transforming Eco-Anxiety into Eco-Community

Education · 24 followers · 2-10 employees



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THANK YOU
