



# EAUC-Scotland Conference

## The Elephants in the Room

Tuesday 26 November 2019  
The Lighthouse, Glasgow



## Climate Anxiety

### Nadine Andrews, Climate Psychology Alliance

- The way we manage our emotions can influence how we respond to the climate crisis
- It is important to act upon factors that can influence the level of self-identity and emotional stability
- There are many types of denial identified, mainly avoiding thinking by embracing a strategy of suppressing thoughts, distancing, compartmentalising, etc.

### Harriet Harris, University of Edinburgh

- It used George Orwell's 'Shooting an Elephant' rhetoric to highlight how the world is complex, hence why our fears and motivations may be rather complicated
- Indicated as a good resource to follow up on: The 21<sup>st</sup> Century Curriculum – Channel 4
- In the case of individuals being paralysed by anxiety, it was outlined how the pain should be transformed so it's not transmitted
- Begin to transform pain: action as antidote to anxiety
- Detachment can enable us to acknowledge anxiety and other difficult emotions

#### Workshop discussion

- Decisions that are taken based on the environmental impact can attract an element of tiredness
- Students/young people feel the weight of the climate crisis, but also the anger of not being taken into consideration by the wider industrial world
- It needs to be addressed what individuals can do to galvanise at a higher level
- It is important to get behind projects and solutions to address the eco-emergency
- An organisational internal mental health strategy should be implemented.