

Climate distress

Chloe Watfern, Postdoctoral Fellow

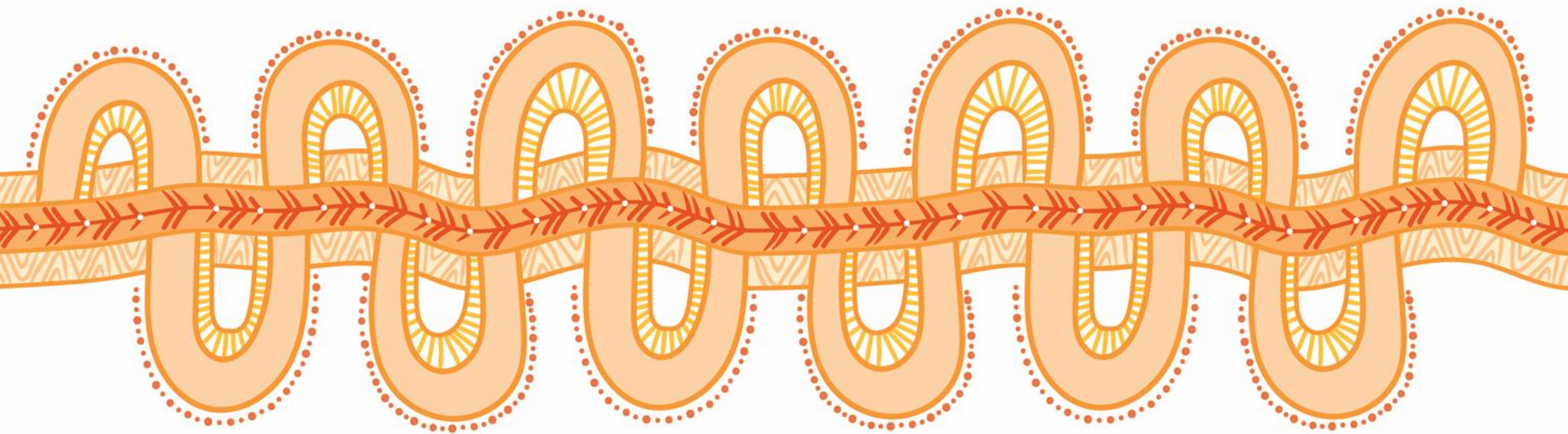


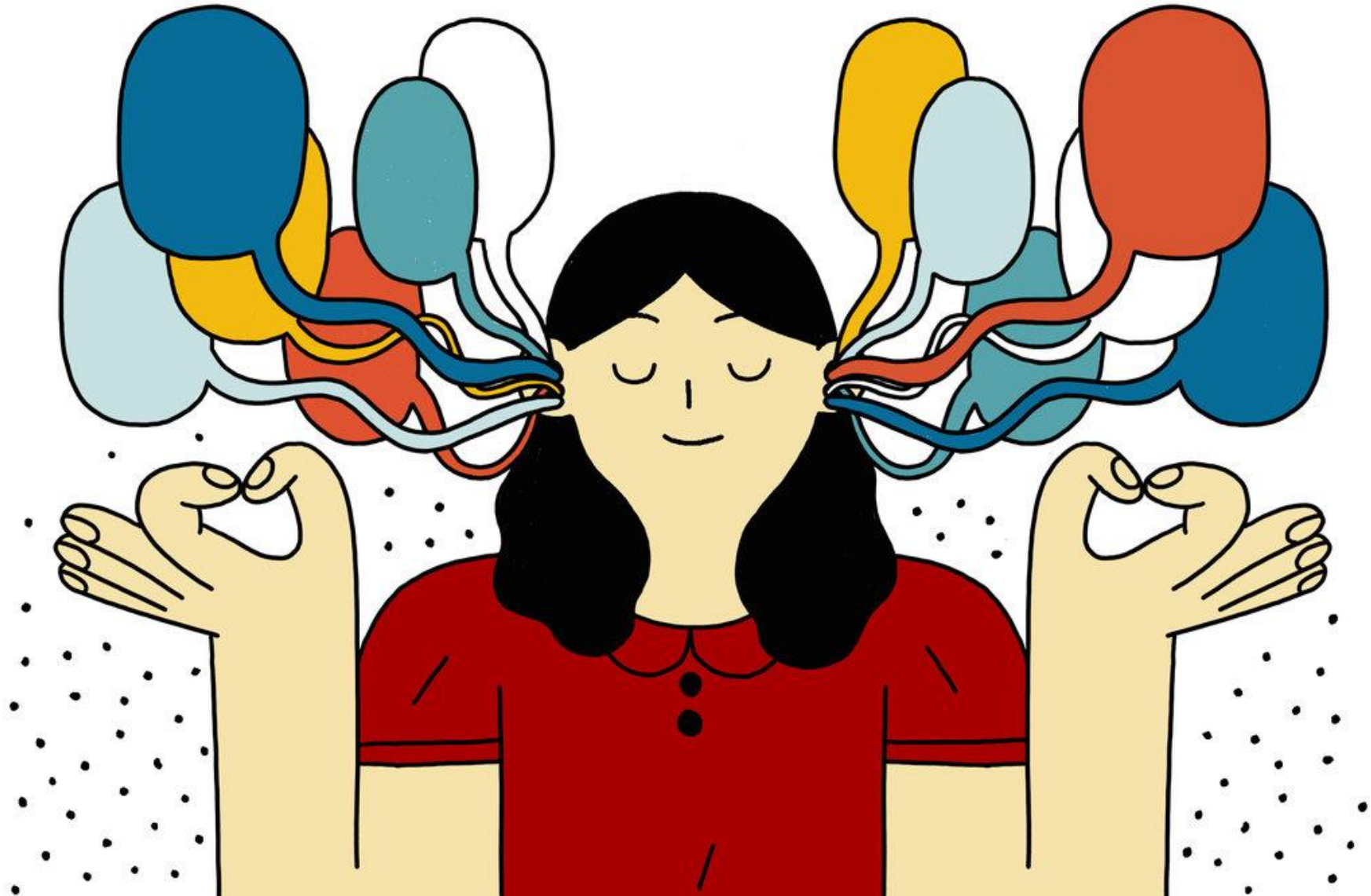
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Maridulu Budyari Gumal
Working together for good health and wellbeing

Acknowledgement of Country







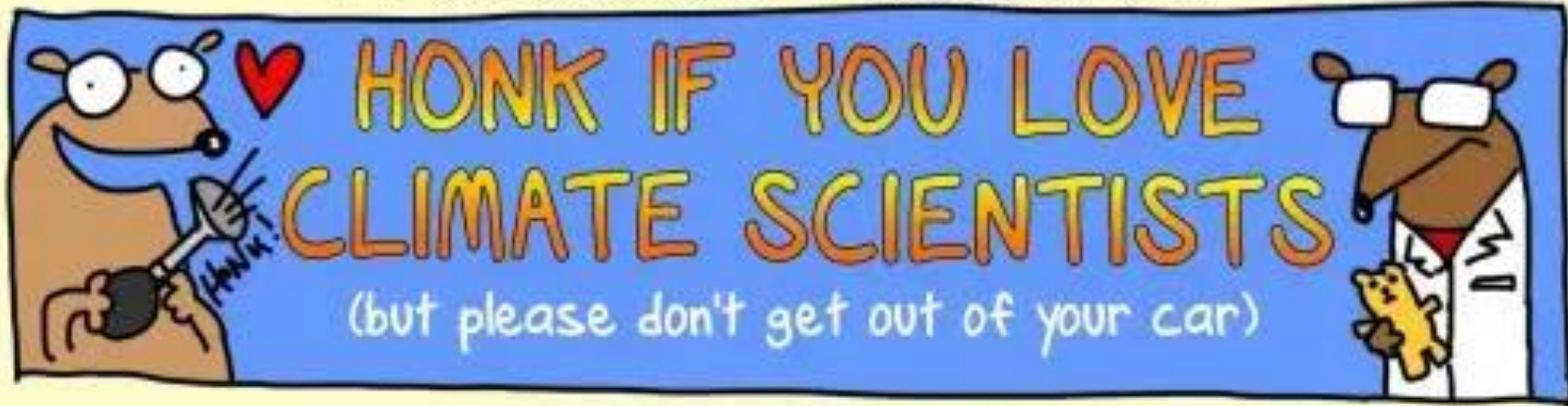
“A third consecutive La Niña contributed to severe rainfall and flooding across Eastern Australia.”

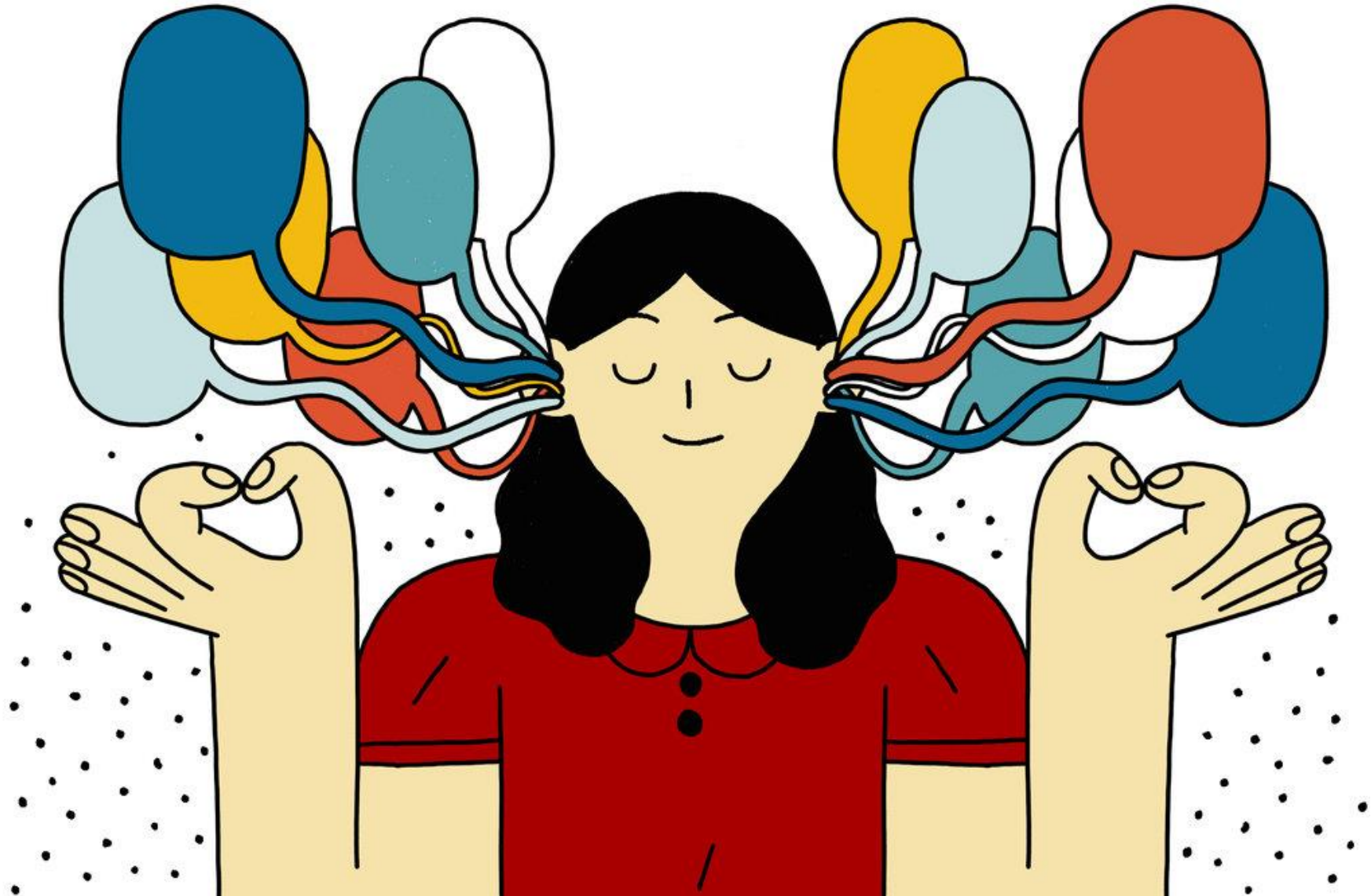
“Australia’s hottest temperature was recorded in the coastal town of Onslow, Western Australia.”

“Weather and climate extremes had disastrous impacts on socioeconomic systems.”



IT'S THE TEN YEAR ANNIVERSARY OF
HUG A CLIMATE SCIENTIST DAY!
REMEMBER A DECADE AGO WHEN WE
THOUGHT CLIMATE CHANGE WAS
A SERIOUS PROBLEM?



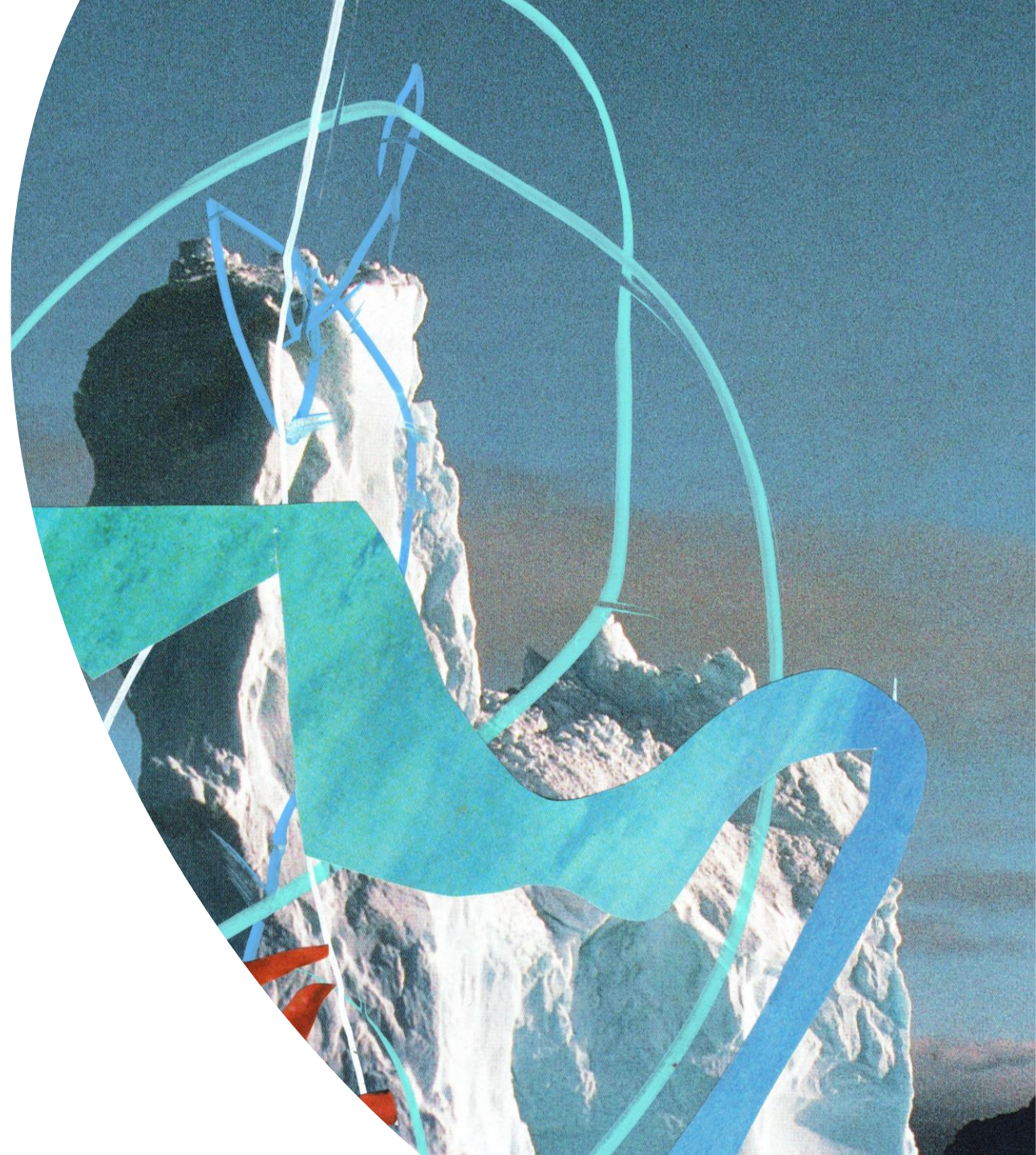


How does climate change affect our mental health?



The surveys are in

- Global context: Over 80% of 16- to 25-year-olds worried about climate change (Hickman et al, 2021)
- 1 in 10 Australians experiencing clinically significant eco-anxiety (Patrick et al, 2022)
- 51% of Australians “very or fairly worried” about climate change and extreme weather events (Climate Council, 2023)









Letters of thanks

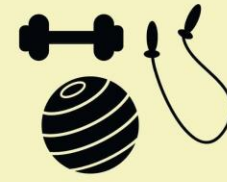
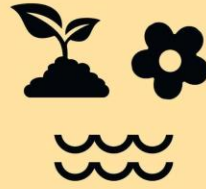


Coping with climate distress

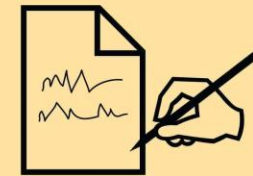
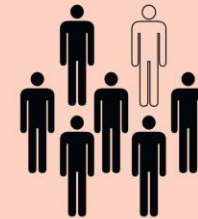
Emotion focused coping

Problem focused coping

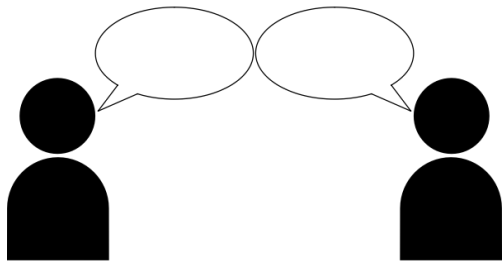
Meaning focused coping



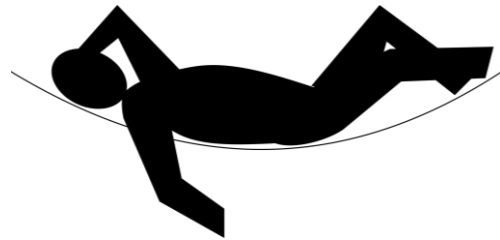
Coping Strategies



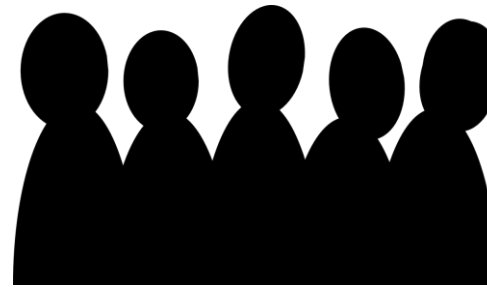
Coping with climate distress



Share thoughts and feelings



Take a break



Take action



Drop the blame game



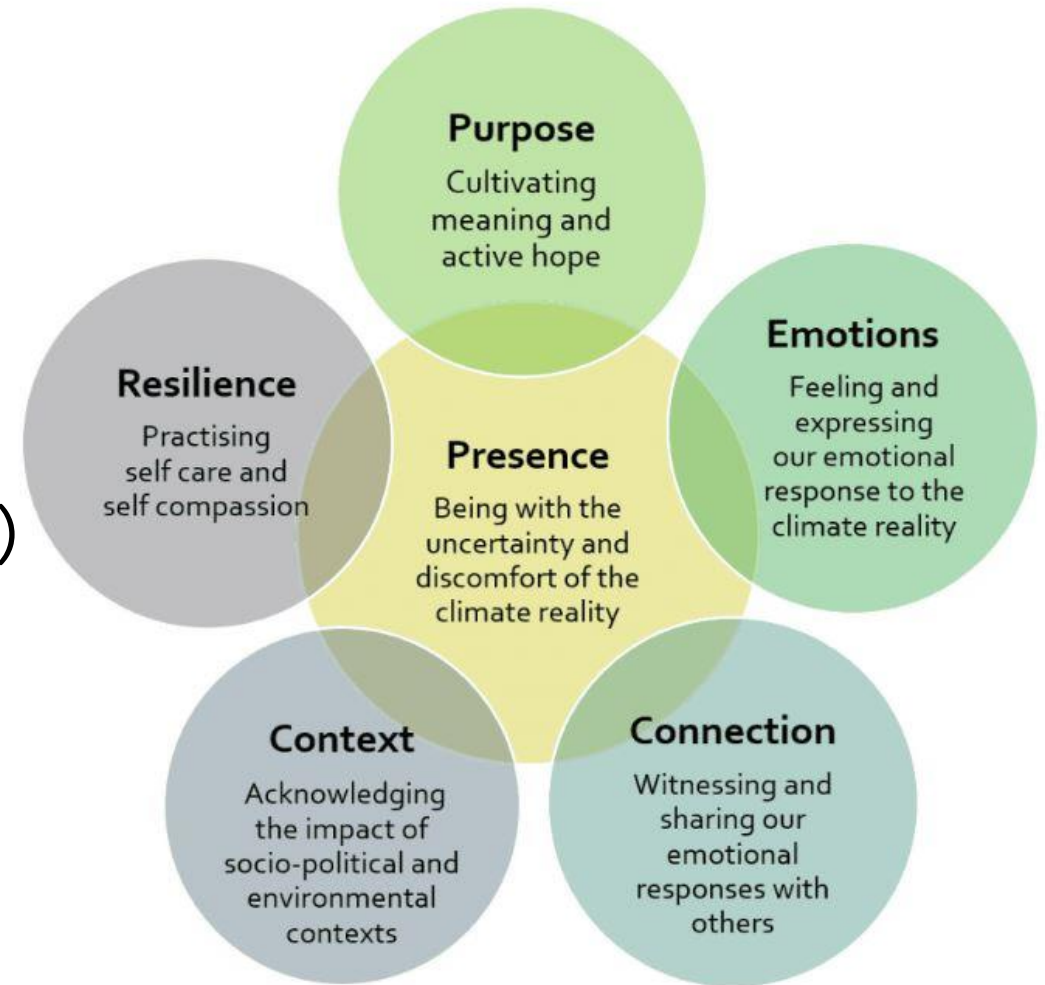
Group processes

Peer Led

- Climate Cafes
- Good Grief Network
- Active Hope (Work That Reconnects)

Mental health practitioner led

- Psychology for a Safe Climate



Active Hope

“Something we do rather than have” – Macy and Johnston

“Hope is not a lottery ticket you can sit on the sofa and clutch, feeling lucky. It is an axe you break down doors with in an emergency.” – Solnit



Communicating climate change





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