

A GUIDE TO ECO ANXIETY



DESIGNED AND
PRODUCED BY THE
UVM ECO-REPS

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WHAT IS ECO ANXIETY?



Eco anxiety (or climate anxiety) is mental uneasiness related to climate change and its effects on the environment and human existence. This encompasses troubling thoughts or anxiety about calamities in the future or the long-term survival of humanity and the entire planet, including one's own descendants.

WHAT CAN IT LOOK LIKE?

- anxiety ranging from mild worry to panic (particularly about environment)
- anger at previous generations for not being eco-conscious
- grief related to environmental loss
- irritability
- hopelessness
- helplessness
- sleeping problems
- depression



POTENTIAL CAUSES

EXPERIENCING AN ECOLOGICAL EVENT

READING OR WATCHING INFORMATION ABOUT ENVIRONMENTAL THREATS

EXPERIENCING CONCERN ABOUT YOUR ECOLOGICAL FOOTPRINT

LIVING OR WORKING IN AN AREA AFFECTED BY CLIMATE CHANGE

BEING A PART OF A VULNERABLE POPULATION




CLIMATE ANXIETY IN AMERICA

 **9%**

of Americans report feeling down, depressed or hopeless for at least “several days” out of the last two weeks because of global warming.

12% 

of Americans say they struggle to stop themselves from consuming bad news about global warming.

 **8%**

of Americans say they are, or would be interested in, seeking counseling to discuss feelings about global warming.



“... endsickness is its own kind of vertigo – a physical response to living in a world that is moving in unusual ways, toward what I imagine as a kind of event horizon.”

-Elizabeth Rush (Author/Journalist)

IDEAS ON HOW NOT TO HOPE

- connect with nature
- limit media consumption
- learn about environmental issues that interest you
- get involved
- talk to others
- explore realistic and sustainable lifestyle changes
- maintain hopeful thinking

GOOD NEWS... BAD NEWS...

READ BOTH THE GOOD AND BAD PLANET NEWS TO SUSTAIN HOPE AND INSPIRE ACTIVISM TOWARDS ENVIRONMENTAL CHALLENGES AND ACCOMPLISHMENTS! HERE ARE SOME TRUSTWORTHY SOURCES.

- [Eco Watch](#)
- [Environmental News Network](#)
- [Environmental Protection Network](#)
- [Earth.Org](#)
- [Daily Climate's Good News](#) section
- [Treehugger](#)
- [Inside Climate News](#)
- [Happy Eco News](#)
- [Grist 's Beacon Newsletter](#)
- [BBC, CBS, NBC, ScienceDaily](#)



CHECK OUT THESE PODCASTERS



SUSTAINABLE JUNGLE

Hosts: Lyja and Joy

Rather than concentrating on all the gloom, a lot of positive and uplifting talks, with special attention to the topics of wildlife, environmental conservation, and the natural world.



GREEN DREAMER

Host: Kamea Chayne

The goal is covering a wide range of intersectional sustainability topics to show how these issues relate to many different facets of our lives and how interconnected we are with the environment and our communities.



BROWN GIRL GREEN

Host: Kristy Drutman

Discusses innovative approaches to the climate crisis along with narratives of diversity, equity, and inclusion.



HEY CHANGE

Hosts: Robin Shaw & Anne Therese

Aims to assist listeners in shifting from a depressing to an inspiring and curious state of mind on sustainability and climate change. Visitors frequently include climate activists, environmentalists, and social entrepreneurs.



PRACTICAL(LY) ZERO WASTE

Host: Elsbeth Callaghan

Covers everything from food and farming to fashion and home life, with the goal of examining simple, doable solutions and changes that can have a significant impact on our communities.



THE SUSTAINABILITY AGENDA

Host: Fergal Byrne

Provide in-depth knowledge on a wide range of subjects related to their disciplines from intellectuals such as professors, activists, ecologists, scientists, and politicians. Incredible new perspectives on the frequently ignored aspects of sustainability.

MORE TO NOTE

- [A Matter of Degrees](#)
- [Facing It](#)
- [Good Greif](#)
- [How to Save a Planet](#)
- [Outrage+Optimism](#)



“Small acts, when multiplied by millions of people, can transform the world.”

-Howard Zinn (historian, author, educator)

LETS START HERE

& CONNECT WITH NATURE

- draw/paint nature scenes
- go beachcombing
- go on a hike
- outdoor meditation/yoga
- plan a picnic
- take a walk in a green space
- try geocaching
- watch the sunrise/sunset

WHERE TO

CONNECT WITH NATURE (OFF CAMPUS)

CENTENNIAL WOODS

Carrigan Dr, Centennial Woods, South Burlington, VT 05403

LEDDY BEACH

216 Leddy Park Rd, Burlington, VT 05408

MOUNT PHILO

5425 Humphreys Rd, Charlotte, VT 05445

NORTH BEACH

60 Institute Rd, Burlington, VT 05408

RED ROCKS PARK

4 Central Ave, South Burlington, VT 05403

ROCK POINT TRAIL LOOP

9 Rock Point Rd, Burlington, VT 05408

SHELBURN FARMS

1611 Harbor Rd, Shelburne, VT 05482

WATERFRONT PARK

10 College St, Burlington, VT 05401

GET INVOLVED WITH UVM CLUBS

- [UVM Birding Club](#)
- [Chicks on Sticks](#)
- [Citizens Climate Lobby](#)
- [Ecological Design Cooperative](#)
- [Eco Reps](#)
- [Generation Conscious](#)
- [Headwaters Magazine](#)
- [UVM Outing Club](#)
- [People of Color Outdoors](#)
- [UVM Summit Sisters](#)
- [VPIRG at UVM](#)



REMEMBER THIS...

You are not alone. Take care of yourself both physically and mentally because you are a part of earth's ecosystem. Looking after yourself is also looking after the planet.

Additional Resources:

- [Center for Health & Wellbeing](#)
- [Living Well Center](#)
- [CAPS services](#)
- [UVM Office of Sustainability](#)

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For more information about the UVM Eco-Reps, visit uvm.edu/ecoreps