



ECO-ANXIETY AND CLIMATE RESILIENCE

COPING WITH ENVIRONMENTAL CONCERNS

Presented by Steve Heath
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Session Objectives



By the end of this webinar, participants should be able to:

- Understand eco-anxiety and its impact on mental health
- Learn coping strategies for managing environmental concerns
- Explore ways to take positive action in personal and professional life
- Develop a mindset of climate resilience and hope



**Which of these options
most spikes your climate
stress right now?**


A. Extreme weather near me

B. News and doomscrolling

**C. Worry for kids or future
generations**

**D. Workplace impact (supply
chains, heat, disruptions)**

E. Something else (please share)



**Almost 60% of young people
said they were extremely
worried about climate change.**

**75% said the future feels
frightening.**


**More than half reported
feeling betrayed by
government inaction.**

(Hickman et al., 2021)

A group of young people are participating in a climate protest. In the foreground, a young woman with long dark hair is holding a megaphone. Behind her, a young man with curly hair is raising his arms in the air. To the right, another young woman is holding a sign that features a globe. In the background, a banner with the text "STOP PLASTIC" is visible. The scene is set outdoors, likely in a city square or street.

In the UK, over 50% of adults consistently list climate and the environment among their top issues.

Public concern has remained high even as other issues rise and fall, showing eco-anxiety is persistent rather than a passing trend.

A group of people at a climate protest. In the foreground, a woman with long dark hair is holding a megaphone to her mouth, looking upwards with a determined expression. Behind her, another woman with curly hair is also looking up, her arms raised in a gesture of protest. To the right, a woman in a striped shirt is holding a sign that features a globe. In the background, other protesters are visible, some holding signs with text like "STOP" and "PLASTIC". The overall atmosphere is one of active participation and advocacy for environmental causes.

**Health professionals,
including the Royal
College of Psychiatrists,
recognise eco-distress as
a real factor influencing
mental wellbeing.**



Emotional:

Feelings of fear,
anger, grief, or guilt

Physical:

Disrupted sleep,
headaches, heightened
stress response

At work:

Lower engagement,
distraction, or increased
stress when organisations
seem unprepared

Cognitive:

Difficulty concentrating,
rumination, or intrusive
thoughts about the
future

Social:

Strain in conversations
with friends or family
who may minimise or
avoid the topic



**Extreme
weather
disruption**

**Duty of
care**

**Financial
implications**



**How does eco-anxiety
shows up for you**



**Uncertainty and
uncontrollability**

**Grief
and loss**

**Physiological
stress**

**Amplification
through media**

**Moral
injury**



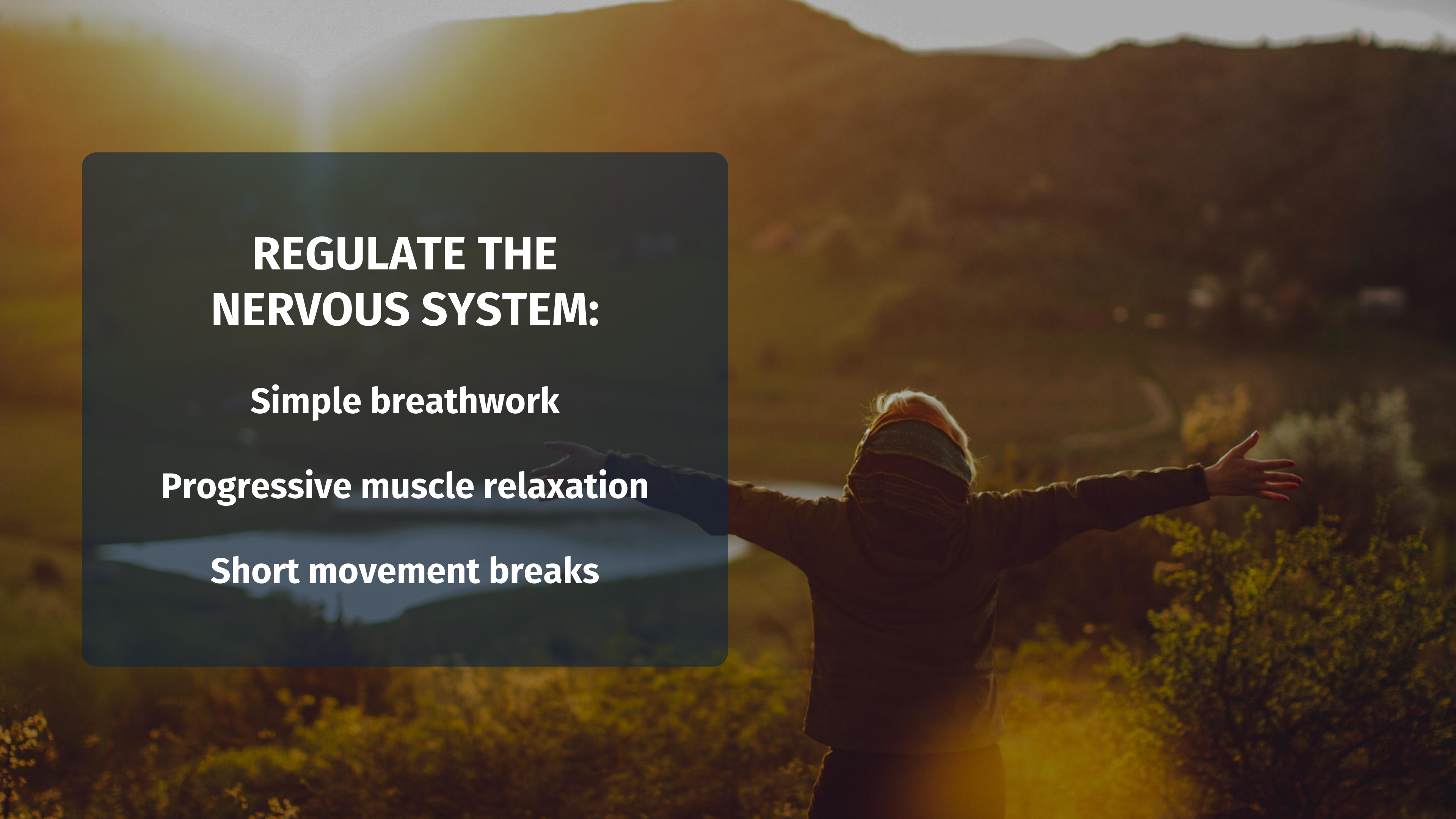
**Name the
feeling**

Normalise it

Navigate



**How does your body
react when you hear
bad climate news?**

A person is seen from behind, standing in a vast, open landscape during sunset or sunrise. Their arms are outstretched horizontally to the sides. The person is wearing a dark jacket and a patterned headband. The background features rolling hills, a body of water, and dense vegetation, all bathed in the warm, golden light of the low sun.

REGULATE THE NERVOUS SYSTEM:

Simple breathwork

Progressive muscle relaxation

Short movement breaks

A person wearing a dark hoodie with their arms outstretched stands in a field of tall grass, looking out over a valley towards distant mountains under a warm, golden sunset sky. The scene is peaceful and evokes a sense of connection with nature.

NATURE-BASED RECOVERY:

Micro-dosing nature

Bring nature indoors

Combine exercise with nature

A person with their back to the camera, wearing a dark jacket and a patterned beanie, stands with their arms outstretched in a vast, hilly landscape at sunset. The sky is a mix of orange, yellow, and blue, and the ground is covered in low-lying vegetation. A semi-transparent dark blue box is overlaid on the left side of the image, containing white text.

BOUNDARY YOUR MEDIA:

Two short windows

Balance problem stories

‘Digital sabbath’

A person with their back to the camera, wearing a dark jacket and a patterned beanie, stands with their arms outstretched in a vast, hilly landscape at sunset. The sky is a mix of orange, yellow, and blue, and the ground is covered in dry grass and shrubs. The person's arms are spread wide, reaching towards the horizon.

REFRAME THOUGHTS:

Replace hopeless thoughts

Keep a list of 'small wins'

Share positive stories



SOCIAL AND COMMUNITY COPING:

Talk to other people

Share resources and practices

Join local initiatives



PERSONALLY:

**Pick one behaviour with a
clear, visible impact**

**Choose habits where you can
measure progress**

Celebrate and share small wins





IN COMMUNITY:

Join or start something local

Engage in mutual aid projects

**Volunteer for initiatives such
as community gardens or
walking groups**



AT WORK:

Heat and weather plans

Communications hygiene

Green teams

Encourage staff suggestions

**Link climate resilience to core
business practice**



WIDER INFLUENCE:

Use your consumer voice

Engage in civic actions

**Share resources and good
news stories to counter
despair narratives**



**Think of one workplace
change that could be
piloted in 30 days...**



My concern (1 sentence)...

One micro-skill I'll use this week...

My news boundary...

One action I'll take personally or at work...

Who I'll check in with and when...



Any Questions?

Please feel free, this is a safe space 😊



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