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UNIVERSITY OF LEEDS

Eco-anxiety

- **Anxiety** around climate change in young people - frustration at the lack of action by governments and fear about the future. (Hickman, 2021).
- Eco-anxiety can broadly be understood as feelings of fear, guilt, distress, helplessness or hyperactivity in response to **climate change** (Pihkala, 2022, p.13).
- These risks disempowering **young people** who are essential in creating just and long-lasting climate action (United Nations, 2024).
- However, channelling and addressing anxiety is key - education and participation can spark action and lead to the blossoming of other, more positive **eco-emotions** (Pihkala, 2020).

Education

Lack of knowledge can exacerbate eco anxiety (Charlton-Perez, 2021). Education can help empower young people to be part of positive change and reduce anxious feelings.

What is the University of Leeds doing?



Sustainability Research Conference



Curriculum Redefined and the Sustainable Curriculum Project



Priestley Centre Programs



The 'Towards Eco-Hope' initiative seeks to foster a greater sense of hope for the future by developing key recommendations in acknowledging eco-anxiety, providing spaces to discuss it, and developing solutions-focused learning within course content.

EmP^{OWER}ing the Eco-anxious

Evaluating the extent to which education and participation initiatives at the University of Leeds address eco-anxiety

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Participation

Participating in climate action can help address eco-anxiety by connecting young people to supportive networks and giving people a positive and productive outlet for emotions through taking action (Bauden and Jachens, 2021).

What is the University of Leeds doing?



Climate Week



Student Sustainability Architects



Student Societies and Activism

I think the University could create more links between staff and these [student] societies so that students could feel more involved in academic research and academic research could be more connected and informed of grassroots action.

- Strengthening **Art. 6** of the Convention

- Supporting **Art. 12** of the Paris Agreement

Where next?

Through the Priestley Centre for Climate Futures, the University is creating more space for students within research spaces: opening up research spaces to young people, empowering them as equals and valuable contributors in this space.

We are increasing engagement from university staff with the rich tapestry of student action, connecting research and education more closely with grass roots action e.g. through our Living Labs.

We are keen to develop international links to foster greater cooperation.

This poster was developed and created by a student-led team at the University of Leeds (comprising of Undergraduate, Masters and PhD students).

For more information on the project and the initiatives mentioned, either scan the QR code at the top of this poster or email climate@leeds.ac.uk.

Meet Our Team!

