

‘Eco-Distress’, 19/9-
2024.
Climate Thursdays 2024,
SDU Climate Cluster.





- What is eco distress?
- What do we know about the incidence of eco distress?
- What to do with eco distress?
- Can we minimize eco distress in the future?

“I feel the climate crisis as a fundamental sadness [deep sigh]... I would actually always have described myself as a person with an easy laugh or very sociable, but in recent years I have been in a permanently sad state. Not having a feeling of being able to take control and action over it. To be paralyzed. It's everything that changes, and that's what's so dramatic. It exists in every single action, thought, reflection and minute, and feels like a form of constant involuntary obsession that you cannot get out of. I find myself noticing that on the days when it's not there, it's a huge relief”

(Roepstorff, 2022:33)

“I don’t even know how to exist anymore and how to be a mom any longer” (client with eco-distress)

Hickman et al, Lancet Planet Health, 2021:

- **83 percent:** we failed in terms of taking care of the Earth
- **39 percent** doubtful about having children
- **75 percent** found the future frightening due to the climate crisis
- **59 percent** were very worried or extremely worried
- **84 percent** were at least moderately worried

Hickman et al, Lancet Planet Health, 2021:

- **45 percent** were negatively affected in their daily life and functioning due to feelings related to climate change.
- Many reported a high number of negative thoughts about climate change and these feelings correlated with the experience of governmental responses. The higher level of perceived inadequate governmental responses, the more climate anxiety and distress.
- Among the 81% of the sample, who had to talk to others about climate change, **48 percent** of them reported being ignored or dismissed, when they reached out to their surroundings to share their worries.



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