



## From Anxiety to Empowerment

**A Greenprint Forum on eco-anxiety, 17:45-21:00,  
Monday 24 February 2025, East Suffolk House, Melton**

Guest speakers:

**Martin Wilks, Climate Psychology Alliance, CPA**

**Rob and Sebastiana Black, Ecotherapy East CIC**

**Paul Hodgkin, Hadleigh Environmental Action Team (HEAT) CIC**

**Talia Hardie, Students Organising for Sustainability**

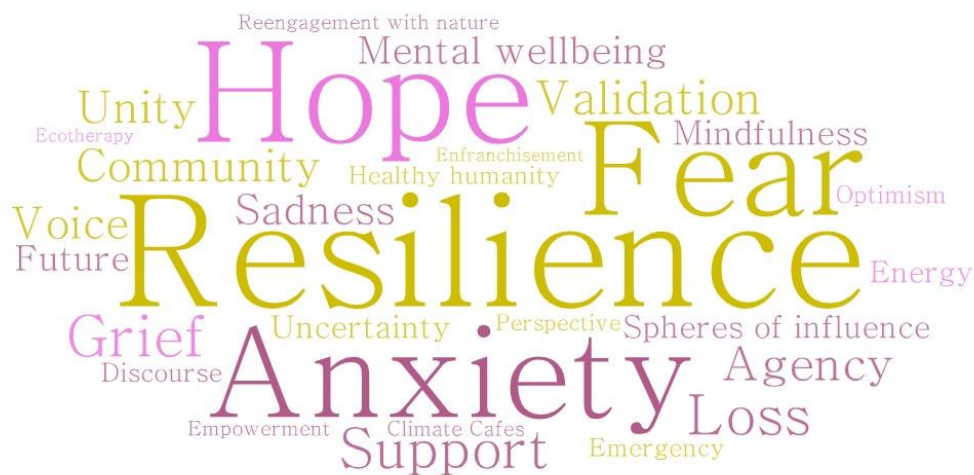


**This open Forum will be an opportunity for us to explore the theme of climate anxiety, understand the impacts and consider ways in which we can face the issues with action, hope and resilience.**

**Follow this link to register your attendance: [Greenprint Forum event registration](#)**

We are living in a time of multiple and interacting environmental crises, including the degradation of our climate and ecosystems upon which all of us depend. Many of us can see things getting worse, and this can trigger feelings of anxiety.

A widescale global research published in 2021 that surveyed 10,000 children in 10 different countries including the UK, France, and Portugal found that respondents across all countries were worried about climate change (59% were very or extremely worried and 84% were at least moderately worried). [Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey - The Lancet Planetary Health](#)



We hope that this event will stimulate discussion around how we can recognise and validate feelings of climate- and eco-anxiety and re-channel that energy into ways that have net positive benefits for all.

This could include an exploration of how it differs from a medical or diagnostic view of anxiety, how we can view the phenomena from a systems point of view, how it can impact our individual and collective wellbeing and our ability to take effective action, how we can recognise it in ourselves and others, and consider ways in which we can respond with regenerative action to build hope and resilience and empower ourselves and others to use our agency and influence to positive effect.

These are big questions, and we don't claim to have the answers to them ourselves. However we will use this as an opportunity to hear real-life examples of positive action and techniques, as well as gather your challenges, ideas and comments to help inform the discussion.

This event is for anyone with an active interest in how we can better understand, and respond effectively to, the issues arising from anxiety arising from the breakdown of our planetary life support systems.

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