Self-Help Resources for

ECO-ANXIETY

What is eco-anxiety?

Eco-anxiety is a common emotional response related to ecological concerns that often follows environmental damage or ecological disaster. This sense of anxiety is largely based on the current and predicted state of the environment and human-induced climate change. Experiencing eco-anxiety can cause a lot of fear and may have an impact on our daily functioning.

Eco-anxiety is a specific kind of anxiety (unlike generalized anxiety) that is often tied to scientific evidence, observable environmental change, and lived experience or environmental trauma.

Common Symptoms

- Anxiety or fear about environmental collapse, extreme weather, or climate futures
- Guilt or shame, particularly around consumption or lifestyle choices
- Feeling hopeless and insignificant compared to the scale of the crisis
- Feeling on edge, tense, or restless
- Having a sense of impending danger - specifically about the environment
- Trouble focusing on the present moment and living in a constant state of worry
- Having trouble sleeping
- Having trouble focusing on daily tasks or responsibilities



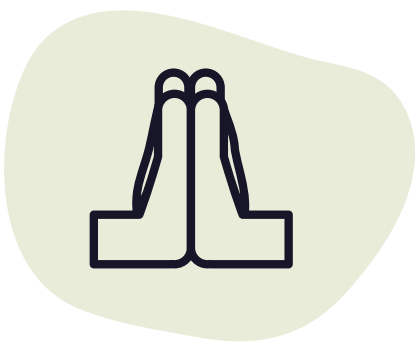
This handout includes information and resources from the New York Academy of Sciences and One Earth.

Helpful Tips



Emotional regulation and grounding

Practicing deep breathing, mindfulness, and spending time in nature can bring your attention back to the present moment.



Balance information intake

Be intentional about what and how much information you consume and choose reliable sources to filter out false information and avoid overload.



Community advocacy and building

Connect with like-minded individuals and get involved with groups, events, or volunteer opportunities to help build a sense of support and belonging.



Focus on what you can control

Direct your focus to what is within your personal influence. Letting go of what you cannot control can reduce unnecessary stress and frustration.

Resources

Check out our full resource list via QR code!

Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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