

Dr. Panu Pihkala, Henvi Science Day, 12.5.2017

# The Challenge of Eco-anxiety

# Case examples (Bodnar 2008)

- "I lay awake at night worried about things like the environment and the way the world is changing." – *A 14-year old boy*
- A young woman who is attending therapy for her problems with drinking and hook-ups: "I am probably going to be one of the first generation of women who can't have children, because the earth is too unhealthy to sustain a new generation of people."

# Eco-anxiety

- Various symptoms, from general restlessness to clinical cases
- Linked with denial and disavowal
- “Socially constructed silence”

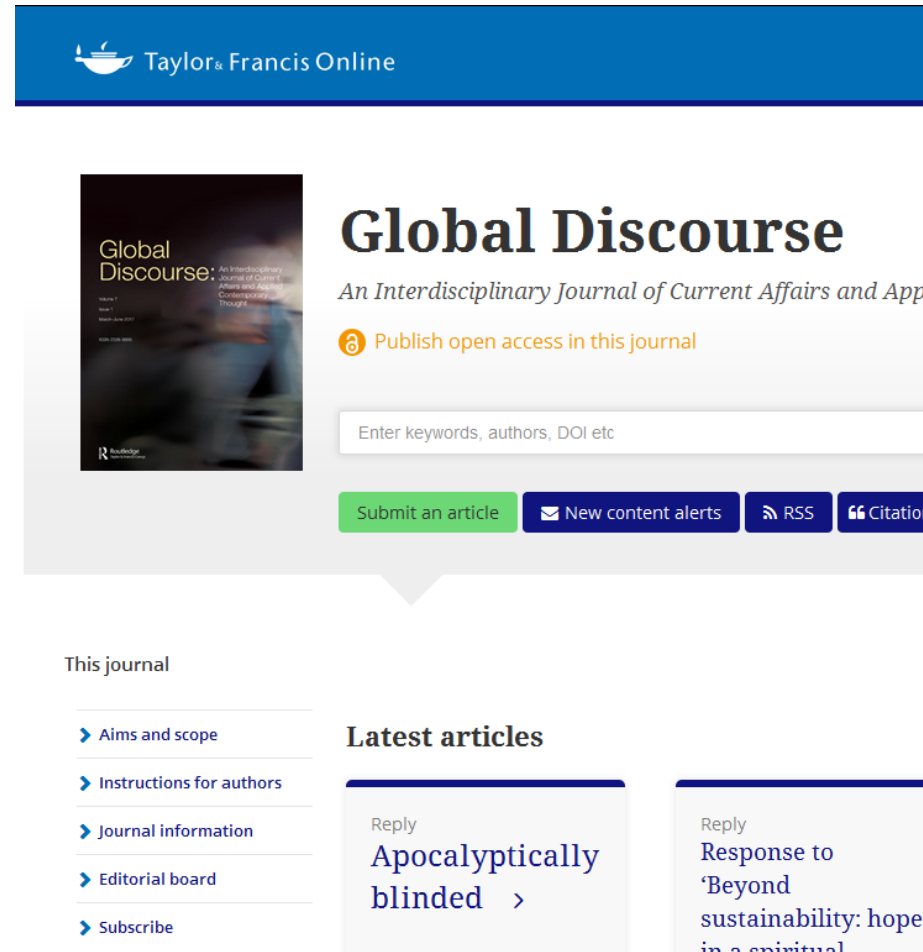
# What is needed:

---

1. Research
2. Activities
3. Thoughtful framing

# Global Discourse theme number

- "Environmental Education After Sustainability: Hope in the Midst of Tragedy", Panu Pihkala, 12.4.2017



The screenshot shows the Taylor & Francis Online interface for the journal *Global Discourse*. At the top, the Taylor & Francis Online logo is visible. Below it, the journal cover for *Global Discourse* is displayed. To the right of the cover, the journal title "Global Discourse" is prominently featured, followed by the subtitle "An Interdisciplinary Journal of Current Affairs and Applied Thought". A button indicates that the journal is open access. Below this is a search bar with the placeholder text "Enter keywords, authors, DOI etc". A row of buttons includes "Submit an article", "New content alerts", "RSS", and "Citation".

**Global Discourse**  
*An Interdisciplinary Journal of Current Affairs and Applied Thought*

[Publish open access in this journal](#)

Enter keywords, authors, DOI etc

[Submit an article](#) [New content alerts](#) [RSS](#) [Citation](#)

**This journal**

- [Aims and scope](#)
- [Instructions for authors](#)
- [Journal information](#)
- [Editorial board](#)
- [Subscribe](#)

**Latest articles**

- Reply [Apocalyptically blinded](#) >
- Reply [Response to 'Beyond sustainability: hope in a spiritual](#)