



Providence
Champion
Ecole secondaire

Seeking for Ecological alternatives

KA229 Project

Virtual Meeting #3

ZEN workshop



Erasmus+





FACTS

- ▶ A 2020 poll from the American Psychiatric Association found that **67% of respondents were somewhat or extremely anxious** about the impacts of climate change on their own mental health.
- ▶ The Lancet published a study of 10000 young people aged 16 to 25 in 10 different countries. **45% said their feelings about climate change negatively affected their daily life and functioning**

The "eco anxiety" concept only appeared in 2007...



What is EcoAnxiety ?

- ▶ The American Psychology Association (APA) describes eco-anxiety as **“the chronic fear of environmental cataclysm that comes from observing the seemingly irrevocable impact of climate change and the associated concern for one's future and that of next generations”**.
 - There is no exact data on how much of the population is suffering from this recent disease
 - It isn't an officially recognised physical or mental disorder, so it can't be diagnosed as one.

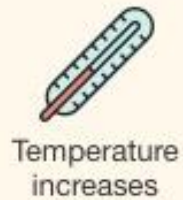


Symptoms

- anger or frustration, particularly toward people who don't acknowledge climate change or older generations for not making more progress
- fatalistic thinking
- existential dread
- guilt or shame related to your own carbon footprint
- post-traumatic stress after experiencing effects of climate change
- feelings of depression, anxiety, or panic
- grief and sadness over the loss of natural environments or wildlife populations
- obsessive thoughts about the climate
- Sleep problems
- Appetite changes
- Difficulty concentrating

How does climate change affect physical, mental and community health?

Climate impacts



Physical health

- Changes in physical fitness at activity level
- Increase in heat-related episodes
- Rise in allergies
- Increased exposure to waterborne diseases

Mental health

- Stress, anxiety, depression, grief, feeling of loss
- Tension in social relations
- Substance abuse
- Post-traumatic stress disorders

Community health

- Increase in interpersonal aggression
- Increasing violence and crime
- Increased social instability
- Reduction of social cohesion

How to manage ?

- ▶ For the most serious cases, it is obvious that a health professional is needed.
- ▶ However, there are ways to relieve our guilt and anxiety.

We won't change the world by ourselves... but we can change **our own**.



FACT

- ▶ A recent book "It begin with me" (Julien Vidal, Seuil) traces a year of personal efforts to limit its impact on the planet.
- ▶ By following all these tips we could reduce our CO2 emissions by 80%!

**This will not change anything!
is up to the industries to
change!**



FACTS

In 2017	GREECE	BELGIUM	CHINA	TOTAL energy
Total CO2 production	59,5M tons	114M tons	9,9B tons	42M Tons
Per inhabitant	5,88 tons	7,96 tons	6,68 tons	

Source: Eurostat, Les Echos

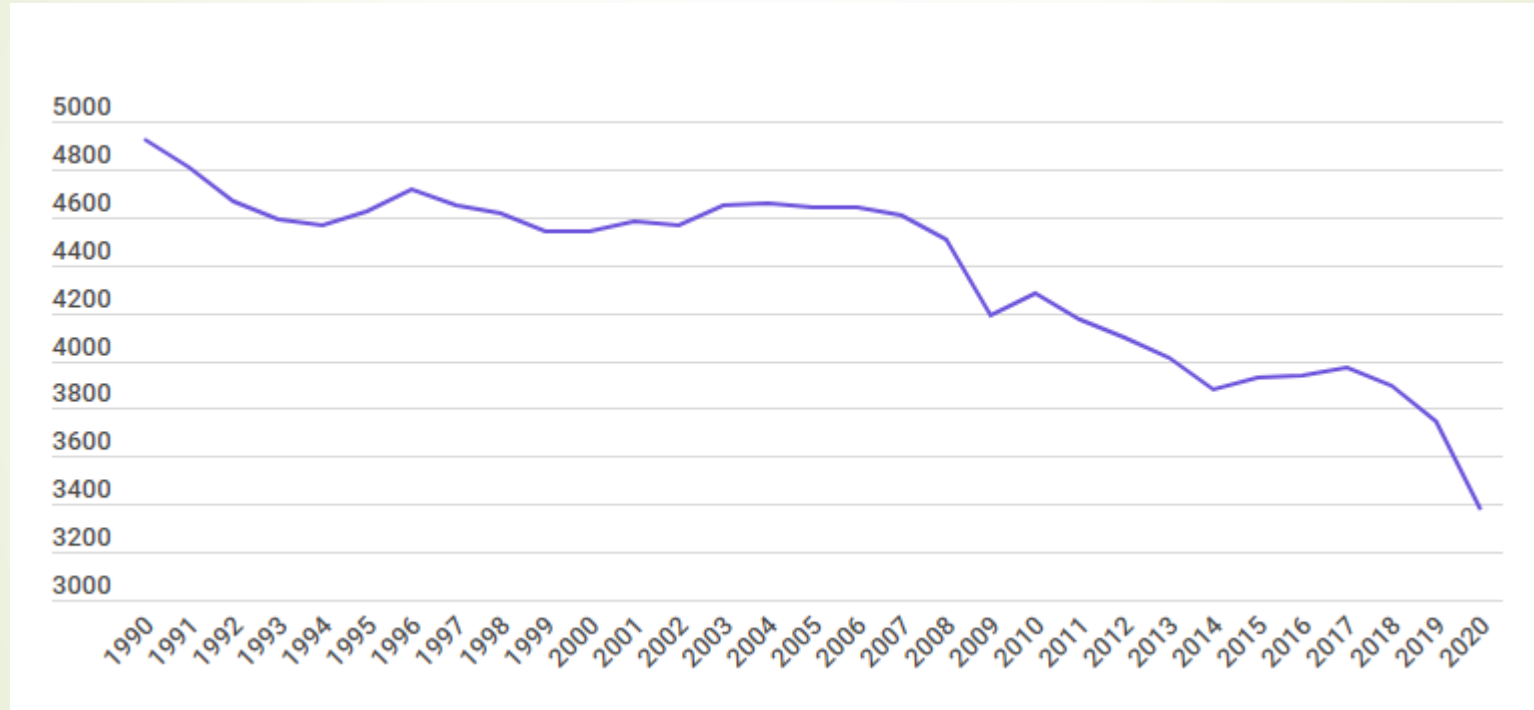
$$\frac{42M}{59,5M + 114M} = \frac{42}{174} = 24\%$$

true

With four times less effort than requested in the book... we would offset the total global greenhouse gas emissions emitted by Total Energy in the world!

That's nice.... So what ?

- ▶ First, a little advertising space



Evolution of greenhouse gas emissions from 1990 to 2020 in the EU-27 (in Mt CO₂e)



That's nice.... So what ?

Decrease the temperature of a home by 1°C

Make your own cosmetics and cleaning products

Make even your own tooth paste...

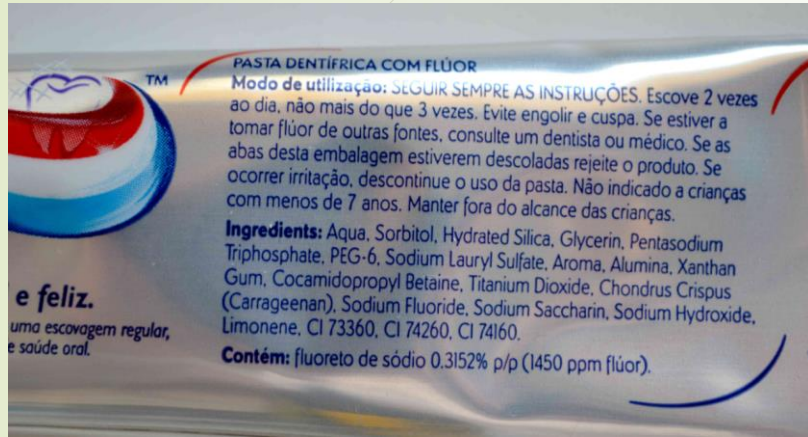
7% economy

One natural solid shampoo = 2 to 3 bottles of conventional shampoo full of chemicals.

What??? Are you kidding?

NO!

Short explanation...



Fluoride can alter tooth enamel, promote osteoporosis and especially have consequences on the nervous system.

Titanium dioxide increases the chances of getting colon cancer.

Sodium Lauryl Sulfate causes micro-lesions on mucous membranes, skin and mouth ulcers. It is also known to be an endocrine disruptor.

Tricolosan promotes the development of breast cancer. A study showed that people using toothpastes containing it had 5x higher concentrations of the product.

Diethanolamine is a known endocrine disruptor

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No.... Defintitively no... This was a joke!

WARNING

You will find a lot of so-called miracle solutions for the environment... but please **inform yourself** well before applying them!

Some of them are really bad or even **dangerous** (like washing your teeth with soap!)

Homemade toothpaste is bad because it doesn't contain **fluoride** and is too **abrasive**.



That's nice.... So what ?

Decrease the temperature of a home by 1°C

Make your own cosmetics and cleaning products

Turn off the light when leaving a room

Drink tap water & recover unused water (tap water before it goes warm ie., when you wash your hands or teeth)

Sort your emails and throw away the old ones!

Eat vegetarian more often

Buy second hand as much as possible

7% economy

One natural solid shampoo = 2 to 3 bottles of conventional shampoo full of chemicals.

3 rooms lit every night consume as much electricity as a fridge!

You will save a huge amount of plastic

1 email = 4g to 50g CO₂. In the world all emails produces 410M tons! (2x less than the air transport)

Vegetarians reduce their carbon footprint by 10%.

Up to 0,4T less CO₂



We were talking about eco-anxiety...

Some **studies** says that...

Even with an **eco-heroic** behavior...

(And we are not heroes)

We could only reduce our carbon footprint **by 25%**.

So reaching the 24% needed to offset the total greenhouse gas production is impossible?

Alone Yes...

But you're not alone (M. Jackson)!!!