

Hello!

On 24 September we are hosting an [event](#) where we will explore the question: can climate communication overcome the bad news problem? Now one month closer to the event, which will take place in Brussels and online, this newsletter edition contains updates about the programme, the speakers and relevant news relating to the topics. Future newsletters are going to look closely at the issue of building capacity and audiences for climate change communication, and the power of words to inspire action.

This month's topic: eco-anxiety, a growing problem that is especially hitting youth. The Independent recently covered new research showing that nearly two thirds of secondary school children in the UK are experiencing mental health symptoms associated with concern about the environment. Matt Buttery, CEO of parenting programme Triple P and honorary associate professor at the University of Warwick, stressed the importance of taking a calm stance and tone of voice during conversations with worried children. "Despite many children feeling powerless, it is essential for parents to stay positive and calm when talking about the environment and their children's futures."

Source: 'Almost two thirds' of children have eco-anxiety – what can parents do to help? ([The Independent](#)).

Eco-anxiety (noun)
e-co-anx-i-ety

: unease or apprehension about current and future harm to the environment caused by human activity and climate change

Oxford English Dictionary

Solastalgia (noun)
sol-as-tal-gi-a

: unease and melancholy caused by the destruction of the natural environment

Collins Dictionary

Eco-anxiety – and how to make it go away



Image by Trent Haaland via Unsplash



With an overwhelming amount of negative news about climate change and the environment, it is not surprising that many people, especially the young, are experiencing eco-anxiety. The cure: action and agency.

"The way to make eco-anxiety go away is by creating the sense among everyone in society that we are seriously tackling climate change," says neuroscientist **Kris De Meyer**, Director of the UCL Climate Action Unit (CAU) and Senior Research Fellow in the Department of Earth Sciences at London university UCL.

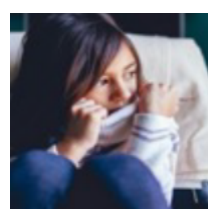
[Read the full story here](#)

"Eco-anxiety can feel overwhelming, but we must remember that it is way more than a personal struggle; it's a profound emotional response to the very real and urgent environmental crisis humanity is facing. It's critical that – rather than despair – we channel this anxiety into collective action for a sustainable future."



Angelika Pullen, Communications & Campaigns Director at WWF Europe, when discussing the effect climate change is having on people's mental health. Angelika Pullen will be taking part in the [event in Brussels](#) in the panel that discusses whether we can be balanced about climate change.

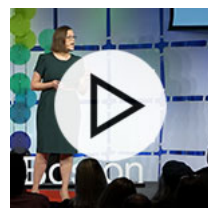
Editor's Top Picks



To help children cope with climate-anxiety, climate education needs to empower them to address climate change, not only the scientific basics, [write](#) representatives of global nonprofit Education Development Center in an op-ed in The Hechinger Report.



Forget climate anxiety: many people are in flat-out climate despair, writes [TIME Magazine](#), and gives seven helpful tips on how to deal with it. From talking about climate change to analysing your carbon footprint, and maybe post on Facebook about the tree you planted.



Starting with a daily practice of sustainability, our collective action can drive the necessary culture change for climate action. Heather White, with 20 years of experience in climate policy, [explains](#) how our action can ease eco-anxiety and show our children they are not alone in tackling climate change.

Digital summit

Find out more about the event, the speakers and for signing up:

[Sign up](#)

"We need good reporting, which can inspire to possible solutions to the problems facing society, giving way to a new and more meaningful role for journalism: Not only documenting problems and finding who is to blame for them, but also facilitating dialogues in our communities on how they might be solved."



Ulrik Haagerup, Founder and CEO of Constructive Institute in his book 'Constructive News', when discussing the need for a global constructive movement that embraces solutions, nuance and dialogue. Ulrik Haagerup will be taking part in the [event in Brussels](#) in the panel that discusses whether we can be balanced about climate change.

Thank you for reading!

Excited about the event in September and want to invite someone you know? Please forward this newsletter. If you got this newsletter forwarded to you, you can sign up for upcoming issues here. Just send your name and e-mail address to climatechange@vattenfall.com or click the link!

The Vattenfall Communications team

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