

Using positive Eco Psychology to cope with eco-anxiety

Nicole Geschwind & Marjolein Hanssen



Maastricht University

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



13 CLIMATE
ACTION



Maastricht University



2021

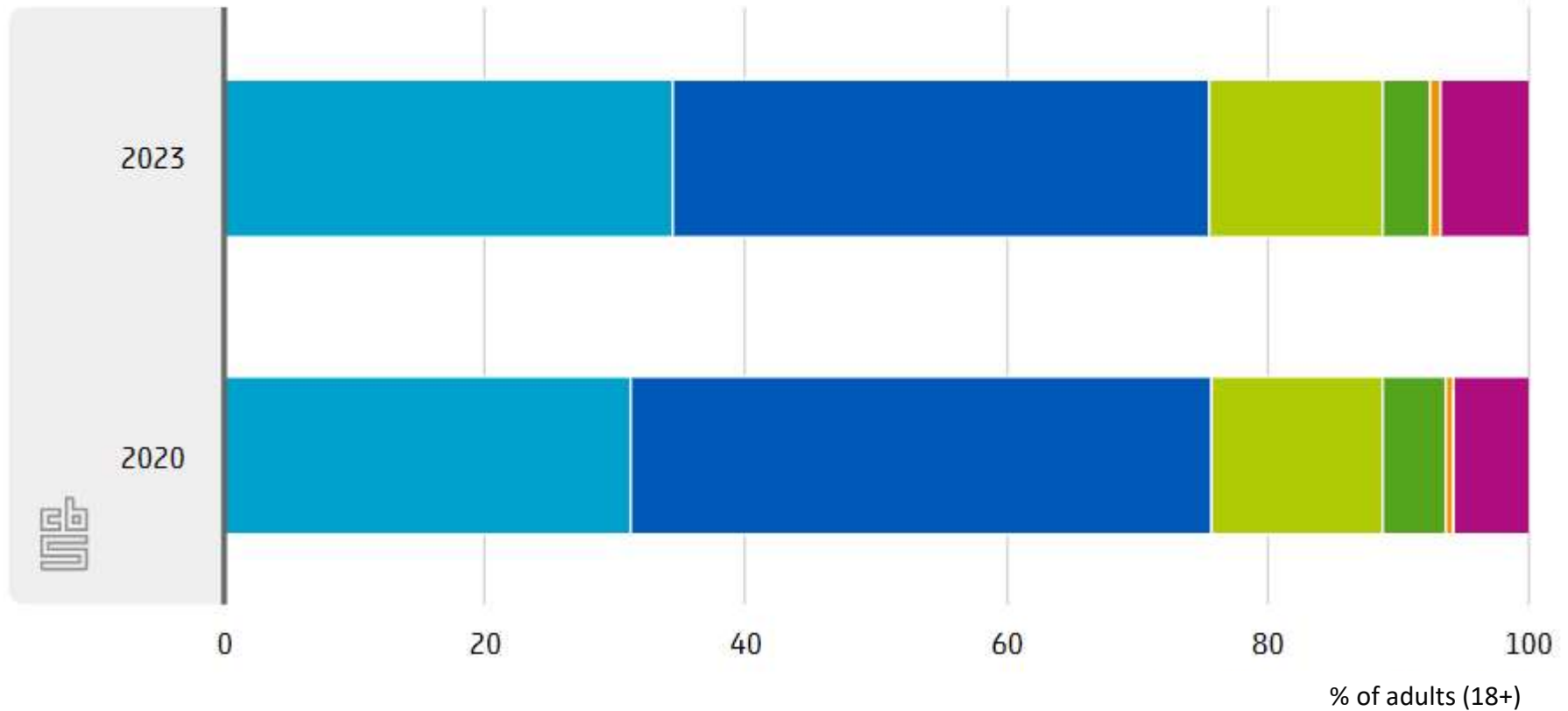


BY 2030

250.000 DEATHS/YEAR

2-4 BILLION/YEAR

Climate Worry



Very worried

Worried

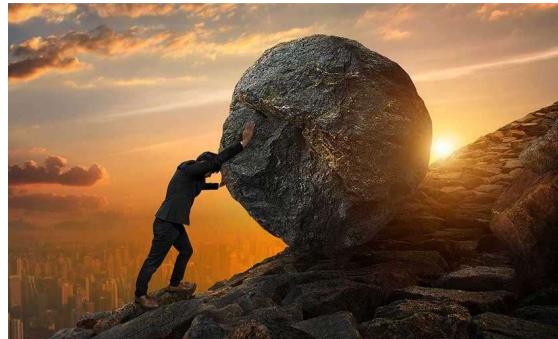
Not so much worried

Not worried

No answer

Doesn't believe in climate change or doesn't know







A young child wearing a vibrant, multi-colored raincoat (red, yellow, green, blue) and a matching hood, smiling joyfully in the rain. The background is a blurred green field with rain falling around them.

Broaden awareness

Exploration

Creativity

Build resources

Persistence



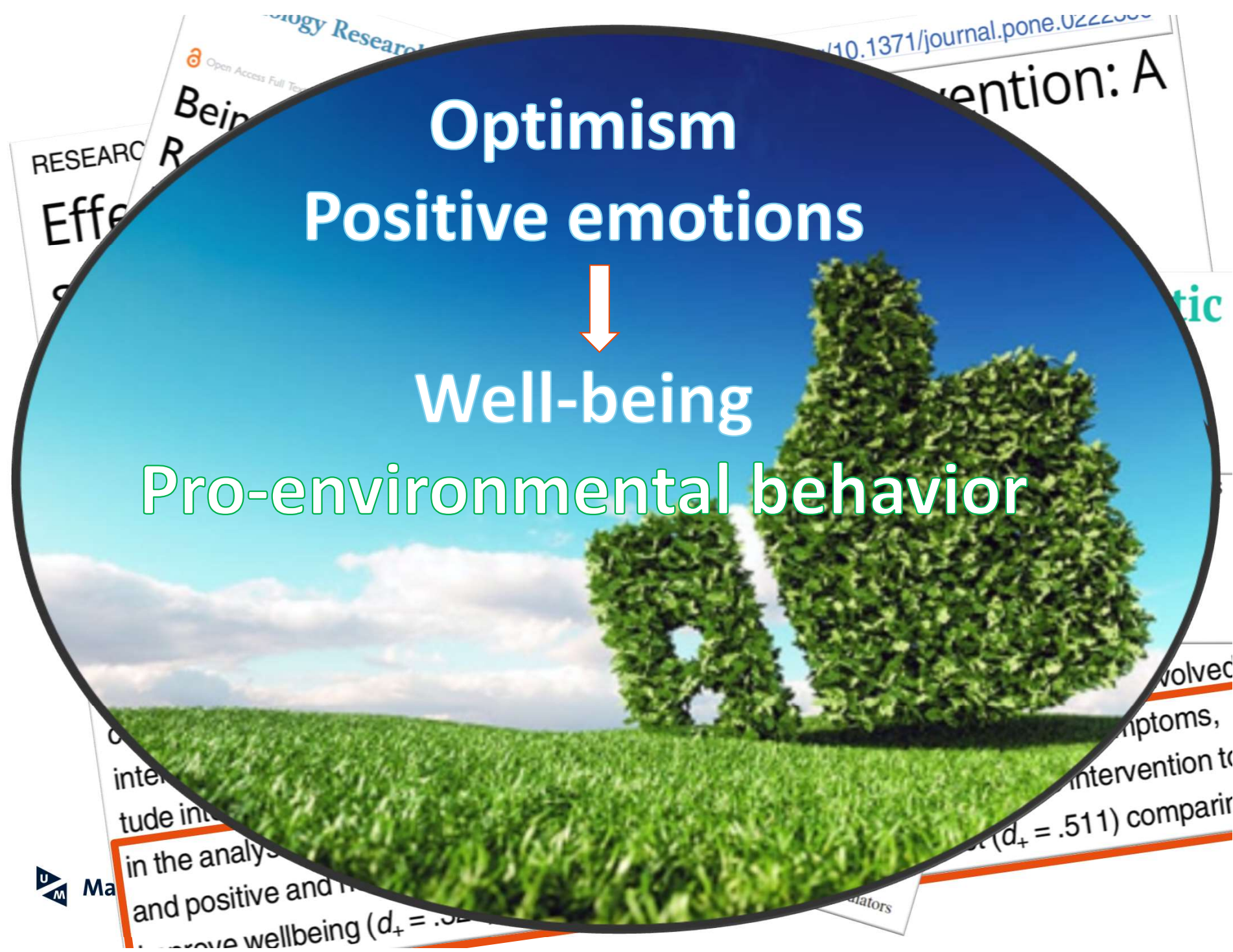
Optimism as a source of renewable energy



Optimism
Positive emotions

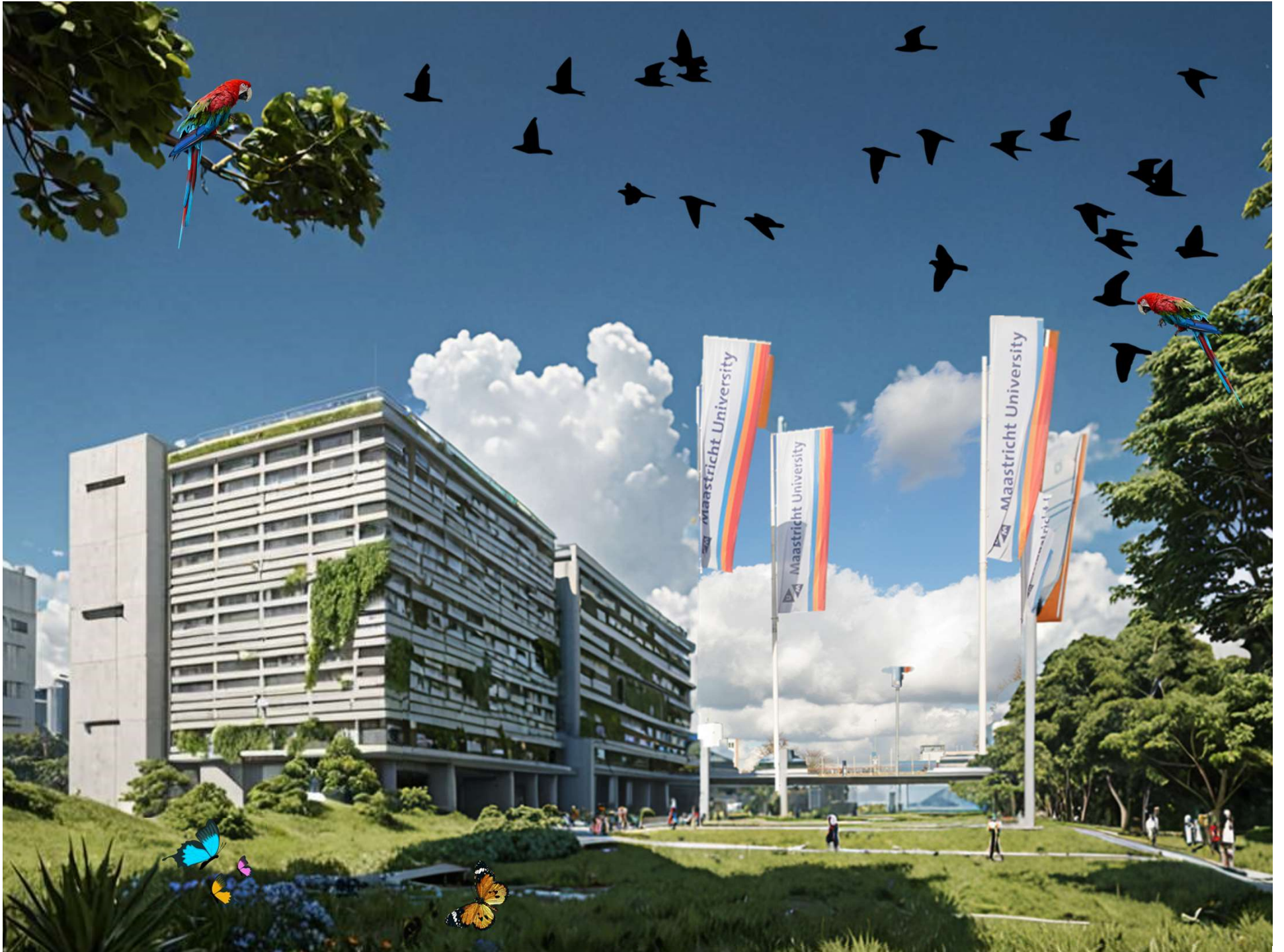


Well-being
Pro-environmental behavior



Best Possible World















My Best Possible World

- Please take a moment to think about your Best Possible Future World, imagining EVERYONE has done their best and we have succeeded.
 - What does it look like? What elements are in it?
- Pick a partner & discuss:
 - Which elements overlap?
 - What do you want to add to your own world?
 - How does it feel to be part of this successful future world?



Best Possible Eco-Self



(1) Look at yourself in this Best Possible Future World.



- How have you contributed to making this possible?
 - Tip: make it small, everything counts, together we can do it.

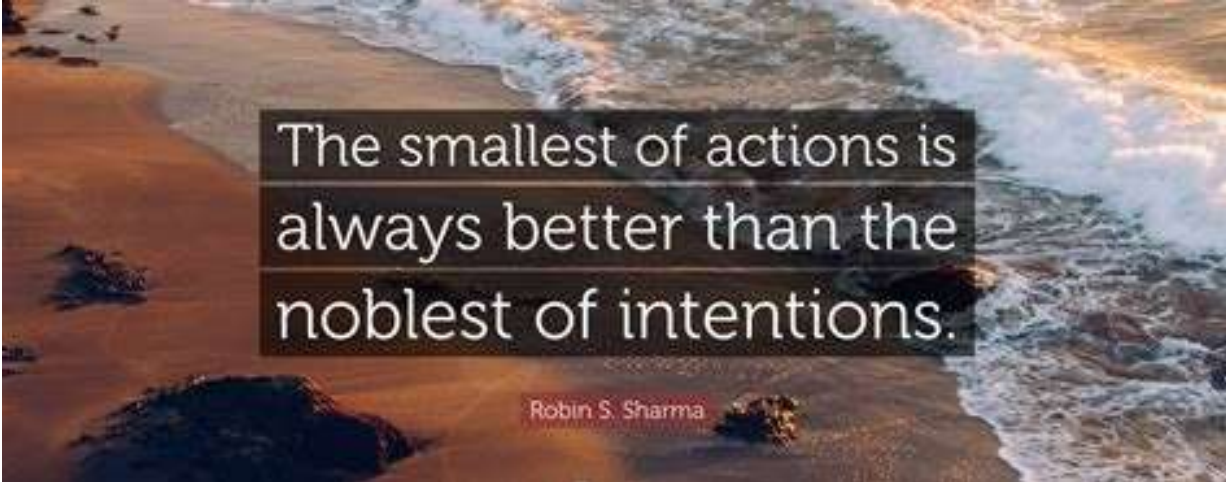
(2) What are all the things that you are already doing?

- See that you don't have to start from zero!
- Part of the solution is already there



(3) Imagine being one baby-step closer to your Best Possible Eco-Self

- What are you doing differently then, compared to now?
 - Tip: keep it small!
 - “Great acts are made up of small deeds”
(Lao Tzu)



The smallest of actions is
always better than the
noblest of intentions.

Robin S. Sharma



Wooclap, three groups

1 How does your Best Possible Eco-Self behave?

2 Look at all the things you are already doing now. What are they?

3 What is one small thing you would like to do that brings you one step closer to your Best Possible Eco-Self?


- In your group, discuss the assigned theme (5 minutes).
- Please add 5 to 10 points in your theme
 - Use dropdown menu in Wooclap to select your theme
- (reminder Nicole – switch screens; press on next question in Wooclap)

3 Good Eco-Things





<https://www.universiteitvannederland.nl/college/zo-gaat-zout-jouw-huis-verwarmen>

 Zo gaat zout jouw huis verwarmen

 Share

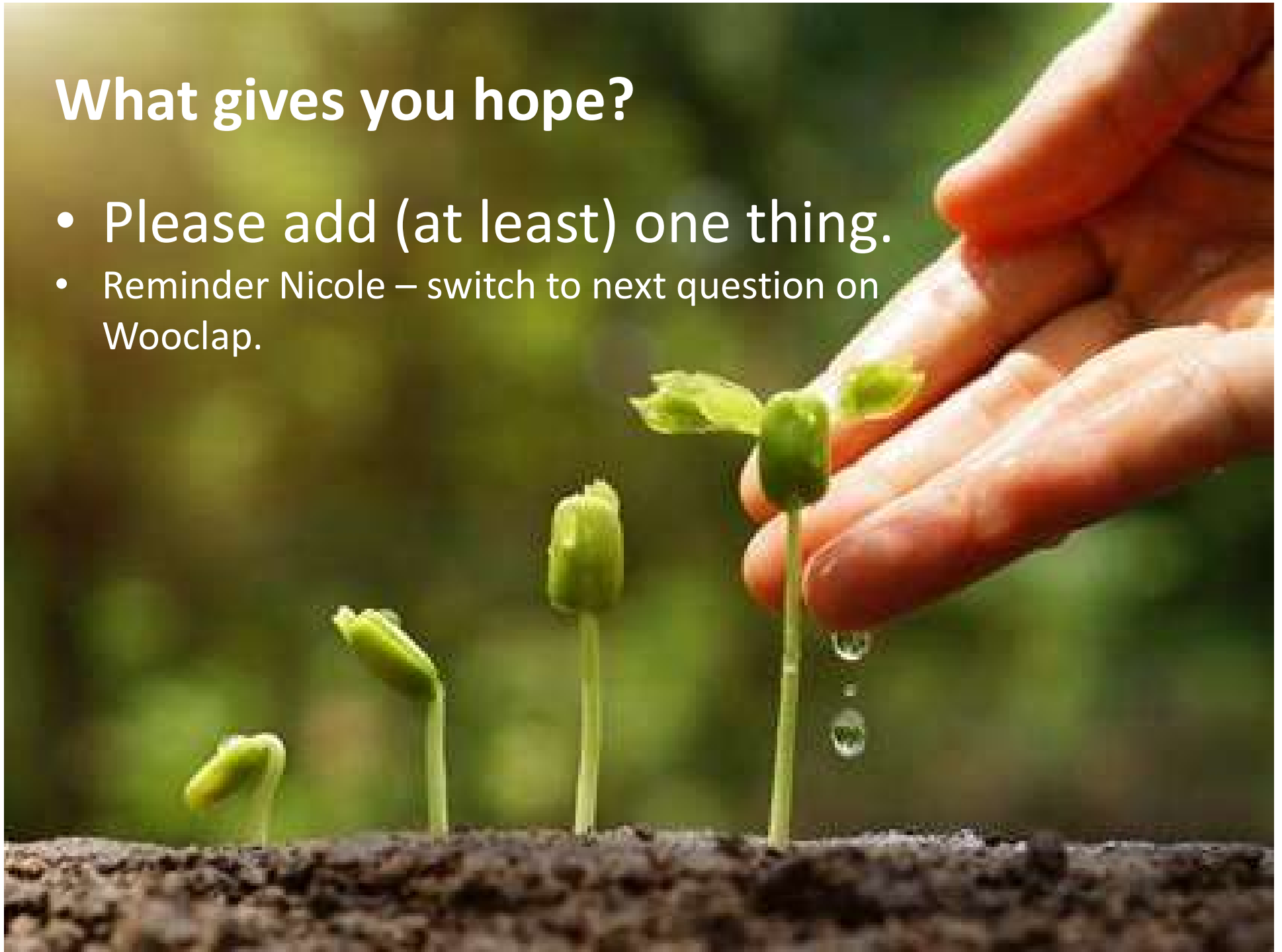
met Joey Aarts

DE ZOUT- BATTERIJ



What gives you hope?

- Please add (at least) one thing.
- Reminder Nicole – switch to next question on Wooclap.



Implementation in Education

WHY?

- Climate worry = threat to well-being of students
- Attention for emotional aspects of climate change is (largely) lacking in education
- Clinical psychology students are not prepared to help individuals deal with climate worry



Implementation in Education 1: POSITIVE ECO-PSYCHOLOGY WORKSHOP



Implementation in Education 2: POSITIVE ECO-PSYCHOLOGY APP





**Implementation in Education 3:
Training blended-care and peer support**

Thank you for your attention



& thanks to Petra Hurks, Michael Capalbo, Natalja Sarneel, Herco Fonteijn, Mark Sanders, Job Zomerplaag, Achmed Hussain, Madelon Peters,...

