



Clinical psychology

with Dr Catherine Malboeuf-Hurtubise and Terra Léger-Goodes

Talking points

Knowledge & Comprehension

1. What is eco-anxiety? Why is it not a problem, and how can it become problematic?
2. What emotions might people experience when they think about the climate crisis, and why?
3. Why do Catherine and Terra provide a range of art activities in their art intervention?

Application

4. How and why would you adapt Catherine and Terra's art intervention to make it suitable for young adults?
5. What discussions about eco-anxiety do you think might evolve after taking photos of nature?

Analysis

6. Why are Catherine and Terra using art to help children cope with eco-anxiety?
7. Why do you think they are not trying to reduce eco-anxiety?
8. Why is it important for the children to lead the discussions inspired by their artwork?

Evaluation

9. What emotions do you feel when you think about the climate crisis?
10. What methods do you think would help you address your eco-anxiety?
11. What impact do you think Catherine and Terra's art intervention will have on children's mental health and well-being?

Activity

Use creative arts to explore your own eco-anxiety

Using any art medium that interests you, create a piece of art inspired by the environment or the climate crisis. For example, you could paint a picture, create a collage, build a sculpture, take a photo, choreograph a dance, compose a piece of music...

You could use or adapt ideas from Catherine and Terra's art intervention or come up with your own art projects. For example, draw a picture showing what your neighbourhood will look like in 30 years, use recycled materials to build a prototype of a technology that will solve a climate issue, take photos showing the positive and negative impacts humans have on the planet...

As you create your artwork, consider how it makes you feel. If you are working with or around other people, discuss your thoughts and feelings with them. What emotions do you feel when you think about the climate crisis or nature's beauty? How does the prospect of change with regards to the planet make you feel? Why is it important to take care of the planet? What can you do to make a difference for the environment?

Once you have finished your artwork and discussions, reflect on your experience of artmaking. To what extent did the artmaking process, and the artwork itself, help you explore your eco-anxiety? How did art provide a creative outlet for your emotions?

More resources

- Learn how climate change is impacting our health:
www.who.int/news-room/fact-sheets/detail/climate-change-and-health
- Listen to this podcast to learn more about eco-anxiety:
www.forceofnature.xyz/podcast-season-2