

Climate Anxiety

Top Tips for Whānau and Caregivers

Grow Waitaha



Acknowledge that climate anxiety is a normal and appropriate response. Young people shouldn't be made to feel irrational.



Have open and honest discussions. Create a safe place for young people to learn about climate change and discuss their feelings.



Discuss emotions and focus on those which may be positive, such as hope, optimism, potential etc. Acknowledge the negative emotions, but ensure there are also positive components.



Distinguish appropriate worry from catastrophising and excessive worry/panic.



Emphasise self-efficacy – their ability to take action. You may be able to support practical activities with young people.



Look for activities that occur in the local community. Get young people out in nature.



Incorporate positive environmental action into your household! This may include composting, worm farms, recycling, finding ways to reduce waste, gardening etc. These may be great learning opportunities that foster greater self-efficacy and alleviate anxiety.



Dissociate climate anxiety from guilt. For example, solar panels may be a good learning opportunity and climate mitigator for young people but are unaffordable for most. Focus on the actions you can do and use them as learning opportunities.

