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January 27th, 5pm

# Climate Anxiety & Grief

**Free virtual workshop** for students led by Dr. Jennifer Atkinson to discuss the emotional toll of climate change, and explore ways to stay engaged while protecting yourself from overwhelm and burnout.



2017 Norse Wildfire, courtesy of Prof Brian Harvey's lab.

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ZOOM  
REGISTRATION

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**ENVIRONMENTAL  
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We usually talk about the external impacts of climate change -- damage to landscapes, to the atmosphere and oceans, even our physical health -but our ecological crisis is also taking a significant emotional toll. With students, scientists, activists, and frontline communities experiencing increasing levels of anxiety and grief, there is growing need to build emotional resilience to process environmental loss. Burnout and despair make it harder to stay engaged in climate solutions over the long haul.

This presentation will explore ways to navigate that anxiety and grief. We welcome students from all backgrounds and disciplines, and seek to create a supportive space where participants can discuss personal responses to environmental injustice and climate disruption without becoming overwhelmed.

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# Workshop Goals

- Explore the emotional impacts of climate change on different groups, including students, activists, front-line communities, scientists, and individuals directly impacted by extreme events.
  - Examine dimensions of environmental justice and social equity inherent to climate impacts; build capacity for critical thinking to better understand the roots, scale, and interconnection of these problems.
  - Draw on the humanities (storytelling, ritual, and creative writing) as resources for developing inner capacities to navigate environmental loss and injustice.
  - Consider how contemplative practices may help individuals manage emotional responses to our crisis. Practice mindful listening and compassion so all participants feel less alone regarding their concerns.
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## About Dr. Jennifer Atkinson

Jennifer Atkinson is an Associate Professor of environmental humanities at the University of Washington Bothell, and the creator and host of "Facing It," a podcast exploring the emotional toll of climate disruption. She also coordinates the Existential Toolkit for Climate Educators, an international collaboration of activists, educators, climate scientists and artists to provide resources for navigating the psychological dimensions of our unfolding crisis.

Dr. Atkinson's seminar on "Climate Anxiety & Eco-Grief" was one of the first college courses of its kind in the U.S. and has been featured in The Washington Post, the Los Angeles Times, NBC News, The Seattle Times, and Grist. She is also the author of *Gardenland: Nature, Fantasy and Everyday Practice*.

Dr. Atkinson holds a PhD in English from the University of Chicago, and currently lives in Seattle where she's taught at the University of Washington for the past 11 years.

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[WEBSITE](#)

[FACULTY PAGE](#)

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