

BEST PRACTICES HANDBOOK

Reset-Art- Renforcer les capacités des travailleurs de
jeunesse pour soutenir les jeunes souffrant d'éco
anxiété par le biais d'activités culturelles.

2023-1-FR02-KA210-YOU-000160802



Co-funded by the
Erasmus+ Programme
of the European Union



TABLE OF CONTENTS

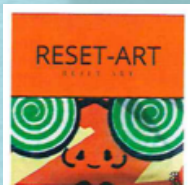
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

01	The Project
02	The Handbook
03	The Partners
04	What is ECO-ANXIETY ??
05	The situation of Eco-Anxiety and Best Practices in Guadeloupe
06	The situation of Eco-Anxiety and Best Practices in Greece
07	Recommendations
08	Bibliography



Co-funded by the
Erasmus+ Programme
of the European Union





THE PROJECT

Reset Art is a collaborative and creative initiative that explores the intersection of youth engagement, climate action, and mental health through the lens of art and culture. The project responds to the growing challenge of eco-anxiety among young people, aiming to empower them as active citizens in the climate transition. By combining artistic expression, civic engagement, and educational tools, ReSet Art creates inclusive spaces where young people can reflect, express, and take action.

The project focuses on three core objectives:

1. Strengthening the capacities of youth workers by equipping them with knowledge, data, and best practices related to the mental health impacts of climate change on young people.
2. Developing positive and accessible communication tools to address eco-anxiety and support young people's commitment to eco-citizenship.
3. Fostering active youth participation through creative, community-based workshops that encourage engagement in climate-related issues.

Over 12 months, the project involves two international study visits (Greece and Guadeloupe), the co-creation of an open-source e-toolkit with guides, podcasts, and awareness-raising materials, and the implementation of local creative workshops led by young people and artists. ReSet Art engages youth workers, artists, and local communities across diverse regions to promote new narratives of hope, action, and resilience in the face of climate challenges.

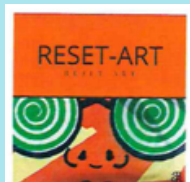
THE HANDBOOK

This Handbook of Best Practices is a key output of the ReSet Art project. It collects the insights, methods, tools, and lessons learned throughout the project's journey. Designed for youth workers, educators, cultural practitioners, and community leaders, it aims to support the development of creative, inclusive, and youth-centered responses to eco-anxiety and climate engagement.

The goals of the handbook are to:

- Share tested and adaptable methodologies for combining art, youth work, and environmental education
- Provide practical tools for addressing mental health and emotional resilience in the context of climate change
- Inspire future projects that center youth voices, creativity, and civic responsibility
- Encourage transnational collaboration and knowledge sharing among organizations working at the intersection of art, activism, and sustainability





2023-1-FR02-KA210-YOU-000160802



Co-funded by the
Erasmus+ Programme
of the European Union

THE PARTNERS



Contact:

Le Marisol, Route du Bas du Fort
97110 Pointe-à-Pitre – Guadeloupe
info@arrimagedom.org

Arrimage Good'îles

Arrimage Good'îles is a non-profit organization based in Guadeloupe. It is represented and works in collaboration with youth structures based in Martinique, French Guiana, and Saint Martin (French Overseas Regions).

Founded in 2013, it designs and implements international projects aimed at strengthening professional capacities in island regions, promoting employment and entrepreneurship, citizenship and gender equality, and the creation of new activities.

Through its actions developed in partnership with local stakeholders (NGOs, local authorities, businesses, etc.), the organization strives to build strong connections between Europe, Africa, the Pacific, the Caribbean, and the Mediterranean, and to promote better social and professional inclusion for vulnerable populations both in the Global North and South.



Contact:

Megalou Alexandrou 46, 56224,
Thessaloniki, Greece
info@cube.org.gr

Institute of Support and Studies on Entrepreneurship, Social Development and Social Cohesion- CUBE NGO

Cube NGO is an Institute of Support and Studies on Entrepreneurship, Social Development and Social Cohesion, based in Thessaloniki. Our main goal, is to support Entrepreneurship and Creativity actions in order to integrate and involve both Vulnerable Social Groups and Sectors that require our Support.

In a Framework of Respect, Co-development and Inclusion, Cube develops studies, research, training, and strategic actions in order to create a different reality on subject areas such as Anthropocentric Entrepreneurship, Social Policy, Social Cohesion, and Social Inclusion.

WHAT IS ECO-ANXIETY ???

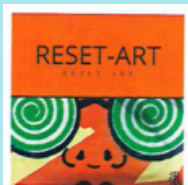
Eco-anxiety is “a chronic fear of environmental catastrophe”, as defined by the American Psychological Association[1]. Some refer to it as pre-traumatic stress[2], as it is an anticipatory anxiety about the uncertain effects of climate change. Affected individuals live with the psychological consequences of this fear of the future[3], which prevents them from projecting themselves into the future in a peaceful manner.

The trigger for eco-anxiety can vary from person to person. It can be linked to: a direct stress, such as a trauma linked to climate change. In Belgium, for example, this is what many people felt following the floods that took place in the summer of 2021. They directly experienced a consequence of climate change.

It's important to point out that eco-anxiety can be felt even when an event hasn't affected you. For example, when we learn via the media or social networks what is likely to happen in the near future[4]. Eco-anxiety can be triggered in a variety of circumstances: the birth of a child, watching a film, reading scientific reports by the IPCC, observing social and geopolitical inequalities... Or even without a single, identified trigger.

The concept of eco-anxiety- the most widely used term, both in the media and in research carried out on the subject,- is not brand new: the word, which combines ecology and anxiety, was coined in 1996 by Belgian-Canadian physician-researcher Véronique Lapaige. It's not a phenomenon specific to our times, but it's the first time we've put words to the problem[5].





2023-1-FR02-KA210-YOU-000160802



Co-funded by the
Erasmus+ Programme
of the European Union

DID YOU KNOW ???

Alongside eco-anxiety, there's also growing talk of solastalgia. The term comes from the Latin words “solacium” and “algie”, meaning ‘comfort’ and “nostalgia”.

Solastalgia is “the lived experience of a negatively perceived change in the domestic environment”[6]. In other words, it's “the mourning of a world we've known” that's disappearing[7]. A “homesickness without exile”, in the words of philosopher Baptiste Morizot[8].

The difference between solastalgia and eco-anxiety lies in the relationship with time. Here, emotions are felt a posteriori through the loss of our familiar environment.

Eco Anxiety



THE SITUATION OF ECO-ANXIETY IN GUADELOUPE

A significant proportion of the population is affected by eco-anxiety. 67% of French people suffer from eco-emotions[18]. 1 in 10 Belgians even suffer from severe eco-anxiety[19]. And the phenomenon is worldwide: the countries most affected at present are the emerging countries[20], where populations are most impacted by the consequences of global warming.

While everyone can feel eco-anxiety or solastalgia, certain categories of the population seem to be more affected. These include women and those under 40[21]. Young people are particularly vulnerable, with 70% of 16-25 year-olds declaring themselves very worried about climate change[22]. Young people are particularly prone to eco-anxiety. Graph: Statista

Without an official definition, it is difficult to put a precise figure on the extent of the phenomenon, the type of people affected, etc. It would also be necessary to be able to assess the extent to which a person is “affected”. We also need to be able to assess the extent to which a person is “affected”. To this end, scales for measuring eco-anxiety are currently being developed[23].

In any case, studies agree that environmental changes are having an impact on mental health and that, while not new, the phenomenon is on the increase. The increased accessibility and visibility of information on climate change is probably leading a greater proportion of the population to feel anxious about it.

Eco-anxiety is not “white privilege”

In a literature review published in 2021, which compiled some fifteen studies on the subject, an Australian team concluded that the populations most vulnerable to and most impacted by this mental health problem were, on the contrary, indigenous peoples, children and young people, as well as those most connected to nature.

Similarly, in 2021, the Lancet Planetary Health revealed the scale of the problem in the largest study to date (conducted in Brazil, India, Nigeria and the Philippines, among other countries):

among almost 10,000 young people surveyed in over 10 countries beyond the West, nearly 60% said they were concerned about climate change. Even more worryingly, almost 45% reported that these feelings were negatively affecting their daily lives.

Eco-anxiety has gone from being a subject of denigration to a public health and mental health issue of international scope. It has also become a potential social bomb. Indeed, in the Lancet Planetary Health study, the young people surveyed were around twice as likely to say they felt angry or betrayed (nearly 60%), rather than trusted (around 30%), by their governments.

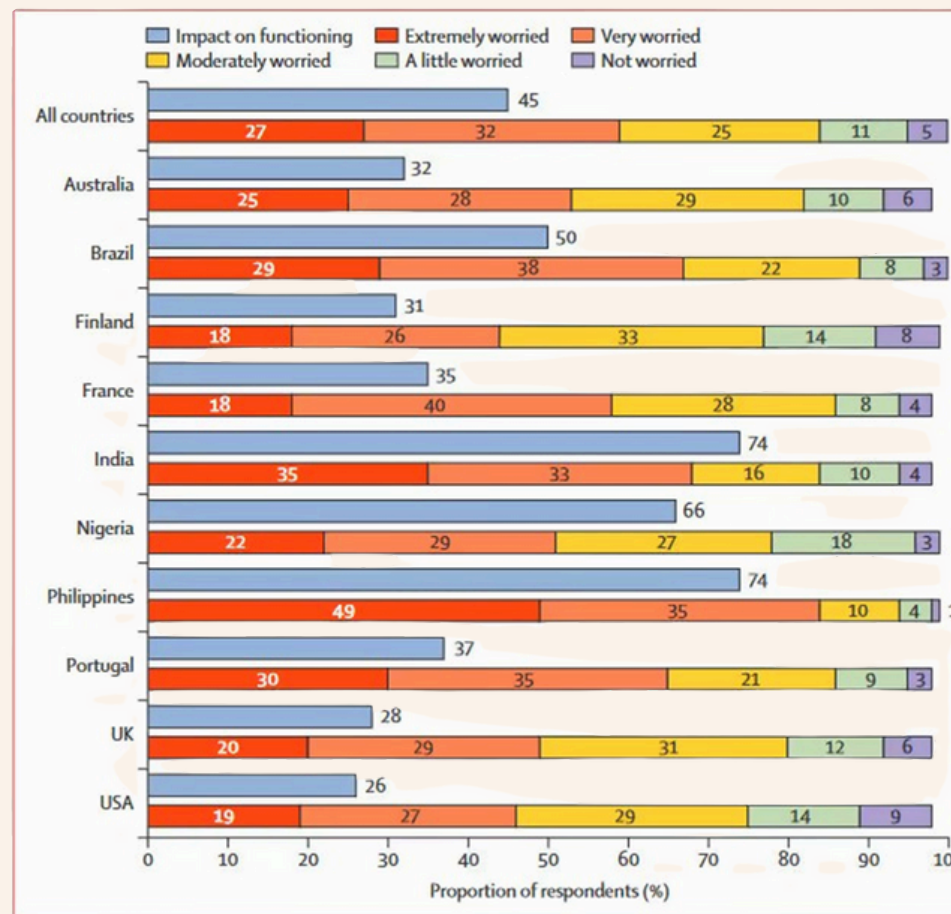


Figure 1: Worry about climate change and impact on functioning

The graph shows the proportion of the sample reporting a negative impact on functioning from their feelings about climate change and various levels of worry about climate change. Data are shown for the whole sample (n=10 000) and by country (n=1000 per country)

THE BEST PRACTICES IN GUADELOUPE

Eco-anxiety can therefore be a springboard for collective action, but - and this is good news we must not tire of sharing - collective action may well be the best remedy for eco-anxiety.

Eco-anxiety becomes a springboard to action ? Yes Action therapy is one of the recommended solutions Eco-anxiety, or anxiety in the face of environmental crises, is particularly keenly felt in island territories, especially in Guadeloupe, which is increasingly exposed to the consequences of climate change (rising sea levels, cyclones, sargassum and chlordecone land pollution.. More than just beach clean-up days, in response to this context, Guadeloupe has developed best practices involving youth workers and young people adapted to its specific context, to prevent, alleviate and express a growing problem that goes hand-in-hand with material and food insecurity.

- **Kazabroc coral reef protection:** [VIDEO. Le béton servant de lest aux lave-linges, transformé en récifs et en mouillages en Guadeloupe](#)



- Exhibition eco anxiety and art : Exposées au chlordecone en février 2025 (Exposed to chlordecone in February 2025), an exhibition by a collective of artists to express themselves and demand reparation from the French government. The exhibition translates into action the feeling of powerlessness and anger of the Guadeloupean population poisoned by the soil. [Art et engagement en Guadeloupe – Selfpower community](#)



THE BEST PRACTICES IN GUADELOUPE

- The Climat Kids project run by Arrimage Good 'iles , a class of high school students has developed a mangrove protection project involving the local population [PROJET CLIMAT KIDS - Sainte-Anne](#)



- The Psycom health and environment cluster Santé environnement offers resources to raise awareness of eco-anxiety among youth workers and young people [Eco-anxiété : comment y faire face – Psycom – Santé Mentale Info](#)



- Psychological and social support - Training healthcare professionals to recognize eco-anxiety as a real phenomenon. Mental health first aid training for young people includes eco-anxiety in its content. Devenir secouriste en santé mentale en Guadeloupe : ce qu'il faut savoir sur cette formation ouverte à tous

- Reset Art project with the organization of art therapy workshops and the launch of a drawing competition among young people to encourage them to express their views on eco-anxiety, understand the impacts of climate change and reinforce the feeling of action. [Instagram](#)



THE SITUATION OF ECO-ANXIETY IN GREECE

Eco-anxiety, the chronic fear of environmental catastrophe, has become a significant issue in Greece as the country grapples with the impacts of climate change {25}. This psychological condition arises from an acute awareness of environmental degradation and the escalating threats of global warming. For Greece, a nation whose culture, economy, and identity are intertwined with its natural environment, the consequences of climate change are not just abstract concerns but tangible realities affecting daily life.

Greece is particularly vulnerable to climate change due to its geographical location and its dependence on natural resources. The country has been facing increasingly severe environmental challenges, many of which contribute to rising levels of eco-anxiety. One of the most visible signs of climate change in Greece is the rise in temperatures. In recent years, the country has endured some of the hottest summers on record, with heatwaves becoming both more frequent and intense. In 2021, temperatures soared above 47°C (116.6°F), sparking a wave of devastating wildfires that ravaged large parts of the mainland, including Attica and Evia. {26-27} These fires not only destroyed homes and forests but also displaced entire communities, leaving a lasting psychological impact on those affected.

Wildfires are just one of the environmental crises exacerbated by climate change in Greece. As global temperatures rise, the country's wildfire season has lengthened, with fires becoming more difficult to control and more destructive. The 2021 and 2023 fire seasons were particularly severe, burning thousands of hectares of forest and threatening the biodiversity that is central to Greece's natural heritage {27}. These recurrent disasters create a deep sense of anxiety for many Greeks, as the landscapes they cherish are increasingly under threat.

Rising sea levels also pose a significant risk to Greece, a country with an extensive coastline and numerous islands. Coastal erosion and flooding are becoming more common, endangering not only homes and infrastructure but also tourism, which is a critical part of the Greek economy. Iconic beaches and coastal towns that attract millions of visitors each year are at risk of disappearing or being severely altered {28}. This potential loss generates both economic and emotional concerns for Greeks, particularly those who live in or rely on coastal areas. The connection between nature and culture is profound in Greece, and the threat of losing parts of this natural heritage fuels the fear and helplessness characteristic of eco-anxiety.

Another pressing environmental issue is water scarcity {29-31}. Greece is beginning to experience water shortages, especially on its islands, where rainfall patterns are becoming more erratic. Drought, combined with overuse of water resources, threatens the supply of fresh water for both agricultural and everyday needs. This is a serious concern for a country that depends heavily on agriculture, particularly for products like olives and wine. The threat of water shortages adds to the growing sense of vulnerability, as it directly impacts livelihoods and food security.

The psychological toll of these environmental changes is significant. Many Greeks, especially younger generations, experience deep-seated fear and uncertainty about the future. Eco-anxiety manifests as a chronic sense of worry about what the world, and their country, will look like in the coming decades. For a people so intimately connected with their environment, witnessing its degradation creates a profound sense of loss and helplessness. There is also a pervasive fear about the long-term economic consequences of climate change. Since Greece relies heavily on tourism and agriculture—both sectors deeply tied to the environment—the damage caused by climate change threatens not just natural beauty but also the economic stability of the country. Farmers, small business owners, and workers in coastal areas are increasingly concerned that the very foundations of their livelihoods are at risk, amplifying the emotional burden of eco-anxiety.

This growing sense of unease is also leading to a disconnection from nature. Places that once provided comfort and solace, such as Greece's forests, beaches, and mountains, are now seen as vulnerable or damaged. For those who find peace and identity in these landscapes, this transformation evokes a feeling of alienation and grief. {32} At the same time, this anxiety has fueled a rise in environmental activism, particularly among younger Greeks. Many are calling for stronger government action on climate change and more comprehensive policies aimed at reducing environmental damage. However, the frustration that often accompanies these calls for action—feeling that not enough is being done or that the situation is beyond control—further intensifies the anxiety.

In response to these growing environmental and psychological challenges, Greece has begun to take steps to address both the ecological damage and the mental health consequences associated with it. On a national level, the government is implementing policies aimed at increasing resilience to climate change. These include efforts to transition to renewable energy sources, improve wildfire prevention and management strategies, and promote sustainable agricultural practices. While these initiatives are important, they are often seen as insufficient given the scale of the problem, and many citizens feel that more urgent action is needed.

THE SITUATION OF ECO-ANXIETY IN GREECE

At the grassroots level, environmental NGOs and community organizations are playing a vital role in combating both the physical and emotional impacts of climate change. These groups are focused on educating the public about environmental issues, restoring ecosystems, and promoting sustainable lifestyles. By offering opportunities for individuals to engage in environmental conservation, they provide a sense of agency and hope in the face of seemingly insurmountable challenges. Participating in reforestation efforts, supporting local water conservation projects, and advocating for eco-friendly tourism are all ways in which communities are coming together to protect their environment and cope with eco-anxiety.

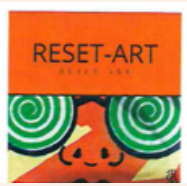
Mental health professionals in Greece are also beginning to recognize eco-anxiety as a legitimate concern and are exploring ways to help people cope with it. One emerging approach is eco-therapy, which encourages individuals to reconnect with nature as a way to heal both psychologically and emotionally. By fostering a deeper understanding and appreciation of the natural world, eco-therapy can help alleviate feelings of despair and disconnection. Additionally, raising awareness about the mental health effects of climate change can reduce the stigma associated with eco-anxiety and encourage more people to seek support.

Education is another key component in addressing eco-anxiety. In Greek schools and universities, there is increasing emphasis on environmental education and activism. Young Greeks are becoming more informed about the local and global dimensions of climate change and are taking a more active role in advocating for sustainable practices. This growing environmental consciousness is empowering a new generation to push for stronger climate policies and hold leaders accountable for their actions, providing a sense of purpose and direction in the face of uncertainty.

Eco-anxiety in Greece reflects a growing global phenomenon, but it is particularly acute in a country so deeply connected to its natural environment. The threats posed by climate change are not just ecological but profoundly personal, cultural, and psychological. As Greece continues to confront these challenges, it will be essential to address both the environmental damage and the mental health effects associated with it, ensuring that the country's natural beauty—and its people's well-being—are preserved for future generations.

As part of the project RESET-ART, in this sector we will describe 5 best practices from Greece to better understand and determine how can young people deal with eco-anxiety and how cultural activities can contribute to their mental health.





2023-1-FR02-KA210-YOU-000160802



Co-funded by the
Erasmus+ Programme
of the European Union

THE BEST PRACTICES IN GREECE

1. Eco-Art Therapy Workshops

AIM:

To help young people manage eco-anxiety by combining artistic expression with environmental themes.

These workshops are facilitated by trained art therapists or mental health professionals who understand the emotional and psychological impact of climate change on young people's mindset. During this process, they use creative processes like painting, drawing, sculpture, and music to help participants externalize and process the feelings of anxiety, fear, and helplessness associated with environmental degradation.

They include environmental issues such as deforestation, pollution, biodiversity loss and climate change allowing the participants to reflect on these issues while expressing their emotional responses. For instance, a participant might create a painting of a world impacted by climate change, channeling their fear into a visual representation that helps them process their feelings in a non-verbal way.

In many cases, workshops encourage group activities, where participants work together to create murals or sculptures that depict collective solutions to environmental problems. This collaborative approach fosters a sense of community and shared purpose, helping alleviate feelings of isolation and helplessness.

Some Greek eco-art therapy workshops incorporate natural elements into the creative process, such as using earth, leaves, sand, or recycled materials to make sculptures or artworks. This practice connects participants more deeply to nature and emphasizes sustainability while engaging with their creativity.

Impact:

By engaging in these creative practices, young people can articulate complex emotions related to eco-anxiety without needing to rely solely on words. This process can provide emotional relief, as they channel their concerns about climate change into something tangible and expressive.

-The workshops often encourage participants to envision positive environmental change through their art, helping to foster a sense of agency in the face of a global issue that might otherwise feel overwhelming. This focus on solutions, rather than just problems, promotes resilience and hope.

-In Greece, eco-art therapy workshops often integrate traditional cultural practices and symbolism, drawing on Greece's rich history of mythology and nature-based beliefs. This connection between culture and environment strengthens young people's identity and sense of belonging while addressing modern issues like eco-anxiety.

Some examples of Organizations that have implemented such initiatives are firstly the "Greenpeace Greece". Partnering with local artists and educators, they have organized creative workshops focusing on environmental awareness through artistic means. Also, "The Museum of Contemporary Art" in Athens has been known to host interactive art events where environmental themes and mental health are explored through creative means.

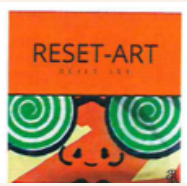
Outcomes:

-Participants report feeling more emotionally balanced and capable of dealing with eco-anxiety after attending these workshops, as they've had the chance to express difficult emotions in a supportive, creative environment.

-Many workshops foster strong social bonds among participants, which help to further mitigate eco-anxiety by providing a network of like-minded individuals who care about environmental action.

-Beyond just personal healing, these workshops help raise broader environmental awareness. The art produced often gets exhibited in public spaces, increasing awareness of climate issues and the emotional toll it takes on young people.

In conclusion, Greek Eco-Art Therapy Workshops serve as a holistic approach to helping youth cope with eco-anxiety, combining creative expression with environmental activism. Through art, these workshops foster healing, community, and a proactive approach to addressing climate change's mental health effects.



THE BEST PRACTICES IN GREECE

1. Public Art Installations on Climate Change

AIM:

To provide a unique platform where youth creativity meets environmental activism, using art as a medium to raise awareness and inspire action on climate issues. These installations are often designed to engage both the creators and the broader public in meaningful conversations about environmental challenges like climate change, pollution, and ecosystem degradation, while also addressing the eco-anxiety felt by young people. Public art installations are typically collaborative projects, involving youth, artists, educators, and sometimes even environmental organizations. The process is highly interactive, starting with brainstorming sessions where young participants discuss the environmental themes they want to highlight. Youth are involved in all stages of the project—from conceptualizing the idea, gathering materials, to physically building the installation. This hands-on involvement not only allows them to express their concerns and ideas but also empowers them by giving them ownership over the message they are sending to the public. Some of their concepts are rising sea levels, deforestation and biodiversity loss, plastic pollution, air pollution. For instance, a sculpture of a fish might be made entirely of plastic bottles or a tree made of scrap metal, symbolizing both environmental degradation and the potential for sustainable practices to reverse these effects.

Impact:

- Eco-anxiety is addressed by transforming negative emotions into positive action through art. Young people who might feel overwhelmed by the enormity of climate change can channel their feelings into creating something tangible and impactful.
- The public nature of these installations fosters a sense of purpose and community. By seeing their work displayed prominently in public spaces, participants feel that they are contributing to the climate dialogue, which can help reduce feelings of helplessness.
- Reflection and hope: Many installations also focus on hopeful elements, illustrating the potential for positive change if individuals take action. For example, an installation might start with images of destruction and end with greenery or renewable energy symbols, representing the path to a better future.

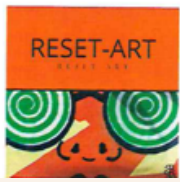
Some examples of public art installations in Greece

1. Athens International Arts Festival: A major arts event in Greece, this festival has hosted several public art installations focused on environmental themes. Young artists and environmentalists collaborate to create large-scale installations that address issues like urban pollution and climate resilience.
2. Recycled City Art Projects: Several cities in Greece, like Thessaloniki, have initiated projects where youth create sculptures or murals using entirely recycled materials. These installations serve as both artistic expressions and physical reminders of the need for sustainable urban living.
3. Environmental Murals in Greek Islands: On Greek islands, where the environment is both a source of livelihood and under threat, murals focusing on the fragility of marine ecosystems are common. Youth participate in creating these large, public murals as a way to engage both locals and tourists in the conversation about protecting marine life and combating climate change.
4. Youth-Led Public Installations in Schools and Universities: Greek educational institutions are also involved in climate-themed public art projects, where students create installations on campus that address specific environmental issues, like deforestation or water scarcity.

Outcomes:

- Awareness-Raising: Public art installations reach a wide audience, often sparking conversations about climate change in ways that traditional forms of activism may not. The visually impactful nature of these works can engage people who might otherwise be disengaged from environmental issues.
- Empowering Youth: By giving young people a creative platform, these installations encourage them to take ownership of the climate issue. They serve as visual reminders that youth voices matter and can influence public discourse on environmental matters.
- Fostering Community Dialogue: These installations often bring people together around the topic of climate change, creating a shared space for dialogue, education, and collective action.

In summary, Public Art Installations on Climate Change in Greece provide a potent mix of creative expression, environmental activism, and community engagement. These installations offer a way for young people to both cope with their eco-anxiety and contribute positively to the public's understanding and action on climate issues.



THE BEST PRACTICES IN GREECE

1. Storytelling and Theatrical Performances

AIM:

To bring to life environmental challenges through creative storytelling and drama, in ways that make the issue more relatable, while also offering a cathartic outlet for emotional expression and communal problem-solving.

Plays and performances are often written around current environmental crises, such as climate change, deforestation, pollution, and species extinction. These themes are presented through narratives that reflect real-world consequences, helping to humanize abstract issues like rising temperatures and habitat destruction.

Performances frequently use symbolic characters to represent aspects of the natural world, like forests, rivers, or endangered animals, and contrast them with characters symbolizing human activity, such as industrialists or consumers. This creates a clear visual and emotional distinction between the forces contributing to environmental destruction and the natural world in need of protection. Greece has a rich tradition of mythological storytelling, which is sometimes integrated into these eco-themed performances. Drawing parallels between ancient Greek myths and modern environmental challenges, these performances offer a cultural lens through which young people can understand eco-anxiety.

Impact:

-These performances allow young people to process complex emotions related to climate change and environmental degradation. Through characters and narratives, youth can express feelings of fear, helplessness, or guilt in a productive way, offering a sense of emotional release.

-The communal nature of theater helps foster a shared understanding of eco-anxiety. Seeing their emotions reflected in characters on stage and discussing them afterward with peers helps normalize these feelings and create a sense of community solidarity.

-Performances are often followed by group discussions or workshops, where participants and audiences can reflect on the themes presented. This facilitates a deeper understanding of the issues and creates a safe space for young people to share their eco-anxiety with others who feel similarly.

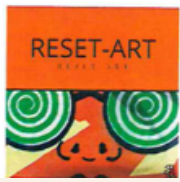
-Many of these theatrical performances aim to not only highlight the problems but also offer hopeful, solution-oriented narratives. Characters may find ways to restore balance to the environment, which encourages audiences to think about their own potential contributions to solving the climate crisis.

Outcomes:

Storytelling and theater give young people a voice, empowering them to take an active role in the environmental conversation. By seeing their emotions and concerns reflected in stories and plays, youth are encouraged to feel that their fears about the future are valid and that they have a role in shaping that future.

These performances serve a dual purpose: addressing the internal emotional needs of young people while raising public awareness of environmental issues. Audiences, often comprising peers, parents, and community members, leave with a better understanding of both the psychological impact of climate change and the urgent need for action.

To sum up, storytelling and theatrical performances in Greece serve as powerful tools for addressing eco-anxiety by combining emotional expression, environmental education, and community engagement. These performances help young people process their fears while encouraging public discourse on climate change, offering both a creative outlet and a source of hope for the future.



THE BEST PRACTICES IN GREECE

1.Environmental Film Festival

AIM:

To offer young people a creative outlet through filmmaking to express their concerns about the environment while engaging in public awareness and activism. The festivals feature films that deal with pressing environmental issues such as climate change, biodiversity loss, plastic pollution, deforestation, water scarcity, and renewable energy. The films often highlight the human impact on the environment and explore the emotional and psychological consequences, like eco-anxiety, that arise from witnessing environmental destruction. Films may range from documentaries that provide scientific insights and real-world examples of climate change to fictional narratives that dramatize these themes in more personal or symbolic ways.

Environmental film festivals serve as powerful tools for community engagement, bringing environmental issues to the forefront of public discourse. Screenings are typically accompanied by discussions, Q&A sessions, and panels with filmmakers, environmentalists, and climate experts. This allows audiences, especially the youth, to engage in conversations about the films they've watched and explore real-world solutions. These festivals attract a diverse audience, including local communities, students, activists, educators, and policy makers, fostering a broad public dialogue about the urgency of environmental action. Special screenings for schools and universities are also common, making the festivals an educational resource for students.

Many of the films showcased in these festivals directly address eco-anxiety by portraying the mental and emotional impact of environmental destruction on individuals and communities. These films may feature stories of climate refugees, youth activists overwhelmed by the scale of the crisis, or communities devastated by natural disasters. Some films explore the psychological effects of witnessing environmental degradation, reflecting the feelings of despair, frustration, or fear about the future, while others offer stories of resilience, hope, and activism, showing how individuals and communities are fighting back against environmental degradation.

Some examples of Greek Environmental Film Festival:

Peloponnisos International Documentary Festival

EcoFilms Festival (Rhodes):

Athens International Film Festival – Environmental Section

Impact and Outcomes:

-Filmmaking provides an outlet for young people to creatively express their eco-anxiety. Through storytelling, cinematography, and visual imagery, they can convey the emotions they feel about the climate crisis in a way that resonates with viewers, helping to alleviate feelings of isolation.

-Films presented at these festivals often inspire both the creators and audiences to take action on climate issues. By watching films made by their peers, young audiences feel more connected to the global youth climate movement and are often inspired to get involved in activism, whether through personal action, community engagement, or advocacy.

-Filmmaking helps youth feel like active participants in the climate dialogue rather than passive witnesses to environmental degradation. This sense of agency is crucial in combating eco-anxiety, as it fosters hope and empowerment.

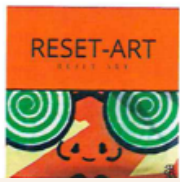
-Film festivals create a supportive environment where young people can meet others who share their concerns about the climate crisis. Whether through discussions after screenings, workshops, or networking events, these festivals help build a community of like-minded individuals, providing mutual support in addressing eco-anxiety.

-These festivals also give young people the opportunity to collaborate with mentors and professionals in the fields of both filmmaking and environmental science, offering guidance on how to combine artistic expression with activism.

-Environmental film festivals play a crucial role in educating the public about the realities of climate change and its effects on the natural world and society. By screening films that show the real-life impact of environmental issues, the festivals help raise awareness among audiences of all ages.

-Many of the films featured in these festivals go beyond just highlighting the problems caused by climate change—they also promote solutions, such as sustainable practices, conservation efforts, and green technologies. These solution-oriented narratives can inspire action among both the creators and the audiences, helping to combat feelings of helplessness that are often associated with eco-anxiety.

In general, environmental film festivals in Greece offer a powerful platform for young people to address eco-anxiety through the creative process of filmmaking. By focusing on environmental themes, these festivals foster both creative expression and public engagement, helping youth not only process their feelings about the climate crisis but also become part of a wider movement for environmental action.



THE BEST PRACTICES IN GREECE

1. Cultural Workshops on Traditional Ecological Knowledge

AIM:

To blend ancient wisdom with modern environmental challenges, creating a bridge between traditional Greek practices of sustainability and contemporary eco-consciousness. These workshops help young people not only to understand and reconnect with their cultural heritage but also to apply time-tested methods of ecological balance in addressing today's environmental crises.

These workshops focus on traditional Greek ecological knowledge derived from ancient farming, fishing, building, and land stewardship practices. The Greeks historically lived in close harmony with nature, and many of their sustainable practices, such as crop rotation, water conservation, and forest management, are still relevant today.

The workshops typically cover a range of traditional ecological practices, including sustainable agriculture, permaculture, and the cultivation of native plants suited to Greece's Mediterranean climate. Additionally, they involve water management, biodiversity and ecosystem management: The Greeks had a deep respect for their ecosystems, which led to practices that protected local biodiversity. These workshops teach planting cycles, polyculture, and companion planting—strategies that helped ancient Greeks maintain fertile soils and healthy ecosystems. Workshops are interactive and hands-on, allowing participants to experience traditional ecological techniques directly. For instance, young people might take part in planting sessions where they apply ancient farming methods, or they might learn how to build dry-stone walls—a technique used to control erosion and build terraces without the need for cement. These workshops often draw connections between Greek mythology and environmental ethics. Many ancient Greek myths, such as those involving the gods Demeter (goddess of agriculture) or Poseidon (god of the seas), are linked to natural elements, emphasizing the importance of respecting the environment.

Storytelling plays a crucial role in these workshops, with facilitators using myths and ancient stories to explain why the ancient Greeks valued environmental harmony. This cultural narrative reinforces the idea that ecological stewardship has deep roots in Greek identity, which can inspire young people to take modern environmental challenges seriously.

Impact:

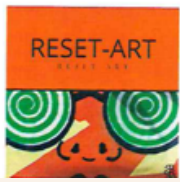
Workshops in combating eco-anxiety offer several benefits. They promote environmental harmony and sustainability by teaching participants about ancient ecological practices, which have been practiced for centuries. This knowledge empowers young people to believe that humans can coexist harmoniously with the environment, offering a positive outlook on the future. It also helps connect young people with their cultural heritage, fostering a sense of continuity and responsibility.

The workshops also provide practical skills for sustainable living, such as sustainable gardening, water conservation, and building with natural materials. These skills can help reduce eco-anxiety by offering tangible ways to take action against environmental degradation. Intergenerational learning is also emphasized, with older community members sharing their insights with younger participants. This builds a sense of community and shared responsibility for the environment, alleviating eco-anxiety by reinforcing the idea that collective action is possible and effective.

The key takeaway from these workshops is the notion of resilience, which suggests that traditional ecological practices can help individuals and communities adapt to modern environmental challenges. By seeing how previous generations overcame environmental obstacles through sustainable practices, young people gain hope and resilience in their ability to cope with the climate crisis. This positive framework for environmental activism replaces despair with a sense of agency and optimism, knowing that sustainable practices are deeply rooted in their cultural past.

Some examples of Traditional Ecological Workshops in Greece:

1. The Peliti Network: This organization focuses on the preservation of traditional seeds and hosts workshops where participants learn about heirloom seeds, sustainable farming, and the importance of preserving biodiversity.
2. Cultural and Environmental Education Workshops in Crete: On the island of Crete, workshops are often held to teach participants about the Minoan civilization's agricultural techniques and water management systems. These workshops provide insights into ancient irrigation techniques and sustainable land use, offering practical knowledge about how traditional practices can address modern water shortages.
3. Traditional Greek Architecture Workshops: Workshops dedicated to traditional building techniques, allow participants to learn about environmentally friendly construction methods that were historically used in Greece and they emphasize the importance of using local materials and building in harmony with the natural landscape to reduce environmental impact.



2023-1-FR02-KA210-YOU-000160802

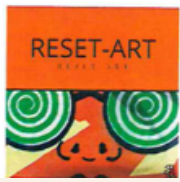


Co-funded by the
Erasmus+ Programme
of the European Union

THE BEST PRACTICES IN GREECE IN A TABLE

Eco-Art Therapy Workshops	<ul style="list-style-type: none">• Arts & Climate Change Workshop• Nature-Informed Therapy Course	Link 1 Link 2 Link 3
Public Art Installations	<ul style="list-style-type: none">• Adriano Souras Plastic Net Installation• Recycled City Projects• Environmental Murals on Islands	Link 1 Link 2 Link 3
Storytelling & Theatrical Performances	<ul style="list-style-type: none">• Cube.org.gr performances• Eco-Theatre Storytelling Strategies• Intergenerational Theater	Link 1 Link 2 Link 3
Environmental Film Festivals	<ul style="list-style-type: none">• EcoFrames Festival Greece• Eco-Anxiety Short Film	Link 1 Link 2
Cultural Workshops on Traditional Ecological Knowledge	<ul style="list-style-type: none">• Ecoweek Greece• Indigenous TEK Archives• Resource Africa TEK Models	Link 1 Link 2 Link 3





RECOMMENDATIONS

To raise awareness about eco-anxiety among young people in Greece, a multifaceted approach is needed, one that taps into their creativity, encourages community engagement, and offers educational opportunities. Integrating environmental education into schools and universities is essential. By embedding lessons about climate change, sustainability, and eco-anxiety in the curriculum, young people can better understand the emotional and psychological impacts of environmental degradation. Workshops and seminars led by experts in environmental science and psychology could further enrich this understanding, providing practical strategies for managing eco-anxiety and fostering a proactive mindset.

Social media, a powerful tool for engaging the younger generation, offers a dynamic platform for awareness campaigns. Collaborating with Greek influencers, artists, and content creators who focus on environmental issues could amplify these efforts, using visually engaging content to resonate with young audiences. Platforms like Instagram, TikTok, and YouTube can be particularly effective in creating a dialogue around eco-anxiety, offering both information and emotional support. Public events and festivals, which hold significant cultural importance in Greece, can also play a crucial role. Organizing eco-themed festivals where artists, musicians, and writers showcase works inspired by environmental concerns can turn these events into powerful platforms for awareness. These festivals could feature art installations, performances, and eco-friendly markets that not only highlight the issue of eco-anxiety but also provide spaces for young people to actively participate in solutions.

At a more personal level, encouraging peer-led discussions and support groups can help young people process their feelings about climate change in a supportive environment. Sharing fears and anxieties with peers reduces the feeling of isolation and helplessness that often accompanies eco-anxiety. These groups can be facilitated by mental health professionals or environmental organizations, providing emotional tools and encouraging a sense of community.

Collaborating with local environmental NGOs would further enhance these efforts, offering young people practical opportunities to engage with environmental activism. Many Greek NGOs are already deeply involved in raising awareness and promoting sustainability, and their existing platforms can offer youth the chance to take part in volunteer programs or community projects. Involvement in environmental restoration or conservation efforts allows young people to feel more empowered, countering the despair that often accompanies eco-anxiety.

Artistic and creative activities provide vital emotional outlets and are effective in raising awareness about eco-anxiety. Environmental art workshops, for instance, can inspire young people to express their feelings about climate change through visual media such as paintings, sculptures made from recycled materials, or nature-themed street art. Exhibiting these works in public spaces or online can spark important conversations and make the issue more relatable to a broader audience.

Poetry and spoken word are other powerful tools for self-expression and reflection. Organizing writing workshops and spoken word events that focus on eco-anxiety allows young people to articulate their emotions and fears. These creative expressions can then be shared through performances, publications, or social media platforms, turning personal anxieties into communal experiences. Theatrical performances that explore the psychological and emotional toll of climate change can also resonate with young audiences, especially when they incorporate elements of traditional Greek theater alongside modern environmental themes. Photography and film are equally effective in capturing both the beauty of Greece's landscapes and the environmental damage threatening them. Workshops that train young people to document environmental changes, such as wildfires, water scarcity, and coastal erosion, not only raise awareness but also give them a sense of agency in telling their own stories. These visual projects can be showcased in public exhibitions, festivals, or social media campaigns, fostering a broader public dialogue around the urgency of climate action.

RECOMMENDATIONS

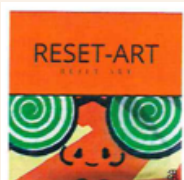
In addition to creative outlets, practical apprenticeships and vocational training programs focused on environmental fields can equip young people with skills that prepare them for a future shaped by sustainability. Apprenticeships in sustainable architecture, for example, could teach them how to design eco-friendly buildings, blending Greece's rich architectural history with modern environmental needs. Similarly, training in sustainable agriculture would connect young people to Greece's farming traditions while teaching them techniques to grow food in ways that respect the environment.

Opportunities in renewable energy, particularly solar and wind power, are also crucial. Offering apprenticeships in these fields would not only provide job skills but also contribute to Greece's transition toward a greener economy. Environmental journalism and documentary filmmaking present another way to empower young people, teaching them to use media to document environmental changes and raise awareness about climate issues in Greece.

Addressing eco-anxiety directly, mental health professionals in Greece are beginning to explore therapeutic approaches, such as eco-therapy, which encourages individuals to reconnect with nature as a form of emotional healing. Workshops can also be organized to provide young people with both psychological tools and creative outlets. One such workshop could involve a combination of art, poetry, and photography, allowing participants to express their feelings about climate change while learning how to transform these emotions into positive action.

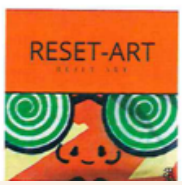
By fostering both creativity and activism, these initiatives offer young people an outlet for their eco-anxiety, while also empowering them to engage with environmental issues in meaningful ways.





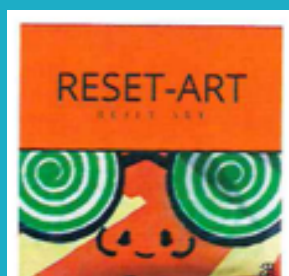
BIBLIOGRAPHY

- [1] « Mental health and our changing climate : impacts, implications, and guidance », American Psychological Association (2017)
- [2] « When the end of human civilization is your day job », Dr Van Susteren, L. (2015)
- [3] « Une autre fin du monde est possible » Gauthier Chapelle, Pablo Servigne et Raphaël Stevens
- [4] « Worrying about climate change: is it responsible to promote public debate? », Berry, HL. & Peel, D. (2015)
- [5] « Solatalgie, écoanxiété,...les nouveaux maux » Dr Alice Desbiolles
- [6] « Mental health and our changing climate : impacts, implications, and guidance », American Psychological Association (2017)
- [7] « Solatalgie, écoanxiété,...les nouveaux maux » Dr Alice Desbiolles
- [8] « Ce mal du pays sans exil. Les affects du mauvais temps qui vient », Morizot, B. (2019)
- [9] Alice Desbiolles, médecin, interviewée en 2022 par la RTBF (COP27 : "L'éco-anxiété, moteur du changement) et « Petit guide de survie pour éco-anxieux », Schmerber, C. (2022)
- [10] « L'éco-anxiété est un problème politique », C. Schmerber, thérapeute, interviewée par RadioFrance (2022).
- [11] « Appréhender l'éco-anxiété : une approche clinique et phénoménologique » Jalin, H., Chandes C., Congard A., & Boudoukha, AH. (2022) et « From anger to action: Differential impacts of eco-anxiety, eco-depression, and eco-anger on climate action and wellbeing » Stanley, S. K., Hogg, T. L., Leviston, Z., & Walker, I. (2021).
- [12] « Appréhender l'éco-anxiété : une approche clinique et phénoménologique » Jalin, H., Chandes C., Congard A. et Boudoukha, AH. (2022)
- [13] Sur 10 000 jeunes interrogés de par le monde. « Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey » Hickman, C., Marks, E., Pihkala, P., Clayton, S., Lewandowski, R. E., Mayall, E. E., ... & van Susteren, L. (2021).
- [14] « Appréhender l'éco-anxiété : une approche clinique et phénoménologique » Jalin, H., Chandes C., Congard A. et Boudoukha, AH. (2022)
- [15] <https://www.psychologie-et-climat.fr/comprendre-ma-detresse/>
- [16] « On Death and Dying » Kübler-Ross, E. (1989).
- [17] « From anger to action: Differential impacts of eco-anxiety, eco-depression, and eco-anger on climate action and wellbeing » Stanley, S. K., Hogg, T. L., Leviston, Z., & Walker, I. (2021).
- [18] « Sondage IFOP » Care (2022)
- [19] <https://uclouvain.be/fr/decouvrir/actualites/1-belge-sur-10-souffre-d-e...>
- [20] « De l'éco-anxiété à la transition heureuse » CEPREMAD (2022)
- [21] <https://uclouvain.be/fr/decouvrir/actualites/1-belge-sur-10-souffre-d-e...>
- [22] Sur 10 000 jeunes de 16 à 25 ans interrogés de par le monde. « Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey » Hickman, C., Marks, E., Pihkala, P., Clayton, S., Lewandowski, R. E., Mayall, E. E., ... & van Susteren, L. (2021).
- [23] « Development and validation of a measure of climate change anxiety » et « The Hogg Eco-Anxiety Scale: Development and validation of a multidimensional scale » (2021).
- [24] « Une autre fin du monde est possible » Gauthier Chapelle, Pablo Servigne et Raphaël Stevens
- [25] « Existential threat as a challenge for individual and collective engagement: Climate change and the motivation to act » Stollberg, J., & Jonas, E. (2021)
- [26] Eco-anxiety defined and approaches to coping – Time (2018): Chronic fear of environmental doom; coping through action and community support. [time.com](https://www.time.com)
- [27] Extreme heatwave & wildfires August 2021, Greece: temperatures reached 47°C; extensive wildfires in Attica and Evia.
- [28] Increased wildfire risk and severe fire seasons in 2021 and 2023 – OECD report: record burned areas, rising temperature and decreased rainfall. eesc.europa.eu+7oecd.org+7iawfonline.org+7
- [29] Consequences of climate change in Greece – rising sea levels, biodiversity loss, impact on tourism and economy. dianeosis.org+1researchgate.net+1
- [30] Water scarcity in Greek islands – National Geographic: demand outstripping supply; renewable desalination projects. ft.com+3nationalgeographic.com+3theguardian.com+3



BIBLIOGRAPHY

- [31] Drought, erratic rainfall and water emergency – Guardian & Reuters: reservoir levels drop, sunken village reemergence, water rationing. [reuters.com+2theguardian.com+2reuters.com+2](#)
- [32] Water infrastructure leakage in Argolida – Reuters (Feb 2025): half of drinking water lost, poor quality and high drought stress. [reuters.com](#)
- [33] Ecological grief concept – Wikipedia & Cunsolo & Ellis (2018): grief and solastalgia related to environmental loss. [en.wikipedia.org+1en.wikipedia.org+1](#)
- [34] Artists and Climate Change. (2021). Art as a response to climate anxiety. Retrieved from <https://www.artistsandclimatechange.com/2021/04/05/art-as-a-response-to-climate-anxiety/>
- [35] Ecotherapy Heals. (n.d.). Eco-Art Therapy Programs. Retrieved from <https://www.ecotherapyheals.com/eco-art-therapy>
- [36] Kopytin, A. (2018). Nature-Assisted Therapy and Expressive Arts: Tools for Health, Recovery, and Wellbeing. Routledge.
- [37] Greenpeace Greece. (n.d.). Educational and creative environmental workshops. Retrieved from <https://www.greenpeace.org/greece/>
- [38] Souras, A. (n.d.). Killer Net Project. Retrieved from <https://www.adrianosouras.com/>
- [39] Athens Art Network. (n.d.). Public art for sustainability. Retrieved from <https://www.athensartnetwork.org/>
- [40] EcoWatch. (n.d.). How public art raises environmental awareness. Retrieved from <https://ecowatch.com/public-art-environment/>
- [41] Activism. (n.d.). Art for Social Change. Retrieved from <https://activism.art/about/>
- [42] HowlRound Theatre Commons. (n.d.). Eco-Theatre Resources. Retrieved from <https://howlround.com/eco-theatre-resources>
- [43] Sustainability Directory. (n.d.). Intergenerational theatre & climate change. Retrieved from <https://sustainabilitydirectory.com/theatre-climate>
- [44] ArtScene Athens. (n.d.). Natura Patiens: Climate Art & Performance. Retrieved from <https://artsceneathens.com/natura-patiens/>
- [45] EcoFrames Environmental Film Festival. (n.d.). Retrieved from <https://www.ecoframesfestival.gr/>
- [46] FilmFreeway. (n.d.). Eco-Anxiety [Short Film]. Retrieved from <https://filmfreeway.com/EcoAnxiety>
- [47] Peloponnisos International Documentary Festival. (n.d.). Retrieved from <https://peloponnisosdocfestival.com/>
- [48] ECOWEEK. (n.d.). Workshops for Sustainable Design. Retrieved from <https://www.ecoweeek.org/>
- [49] Indigenous Climate Hub. (n.d.). Traditional Ecological Knowledge (TEK) Archives. Retrieved from <https://indigenousclimatehub.ca/tek/>
- [50] Resource Africa. (n.d.). TEK and Conservation. Retrieved from <https://www.resourceafrica.net/>
- [51] Bioneers. (n.d.). Indigenous and Traditional Knowledge Series. Retrieved from <https://bioneers.org/series/indigenous-traditional-knowledge/>
-



BEST PRACTICES HANDBOOK

Reset-Art- Renforcer les capacités des travailleurs de
jeunesse pour soutenir les jeunes souffrant d'éco
anxiété par le biais d'activités culturelles.

2023-1-FR02-KA210-YOU-000160802



Co-funded by the
Erasmus+ Programme
of the European Union

