



Eco-anxiety

The Fear of Climate Change and its Consequences

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Eco-Anxiety

- The Research Project (Raile / Rieken)
- Since November 2019 (very new)
- What we planned (a lot)
- What we already did (less)

Questionnaire

- <http://www.raile.at/limesurvey/index.php/852955>

Fragebogen zu Ängsten vor dem Klimawandel und dessen Folgen

Im Rahmen des Forschungsprojekt Ängste vor dem Klimawandel und dessen Folgen führen wir eine Umfrage durch und bitten Sie, den folgenden vierseitigen Fragebogen vollständig und gewissenhaft auszufüllen. Ihre Daten werden selbstverständlich anonym erfasst, bitte schreiben Sie keinen Namen oder sonstige personenbezogene Daten auf diese Blätter. Die Umfrage dauert voraussichtlich ca. zehn Minuten.

Diese Umfrage enthält 54 Fragen.

Eine Bemerkung zum Datenschutz

Dies ist eine anonyme Umfrage.

In den Umfrageantworten werden keine persönlichen Informationen über Sie gespeichert, es sei denn, in einer Frage wird explizit danach gefragt. Wenn Sie für diese Umfrage einen Zugangsschlüssel benutzt haben, so können Sie sicher sein, dass der Zugangsschlüssel nicht zusammen mit den Daten abgespeichert wurde. Er wird in einer getrennten Datenbank aufbewahrt und nur aktualisiert, um zu speichern, ob Sie diese Umfrage abgeschlossen haben oder nicht. Es gibt keinen Weg, die Zugangsschlüssel mit den Umfrageergebnissen zusammenzuführen.

Zwischengespeicherte Umfrage
laden

Weiter ▶

Umfrage verlassen und Antworten
löschen



Interviews

- 12-15 Persons
- Experts/Laymen
- Urban/Rural
- Younger (18-30)/Older (>55)
- At least one Prepper (if it's possible)



Facebook-Posts-Analysis

- Discourse Analysis
- Several hundreds of Facebook-Groups
- Selection
- Result: I joined 41 (open, closed and private) Groups



Andreas Kramer hat einen Link geteilt.

Administrator · 24. November um 09:48 · Klimapropaganda

Vielmehr zu hinterfragen ist die grundsätzliche Bereitschaft, à la DDR-Staatskünstlern einer von allen Seiten getrommelten Einheitspropaganda die Stimme zu leihen. Deutschlands Künstler – sie ähneln leider immer mehr „Kunsthuren“ der grüngewaschenen Politik und offenbaren sich als gehirngewaschene Mitläufer, die unter allen Fahnen das trällern, was gesellschaftlich grade angesagt und „wichtig“ ist.



Über diese Website

JOURNALISTENWATCH.COM

"Silbermond" macht jetzt auch in Klimaschutz: Singende Staatskünstler beweisen Regierungs- und Mainstreamnähe



Facebook-Posts-Analysis

- 41 Groups with 1-15 Posts per Day = 200-500 Posts per Day
- = 6.000-15.000 Posts per Month
- = 72.000-180.000 Posts per Year
- & no Analyse-Apps in FB-Groups without Admin-Permissions
- = Too much!

- Timeframe: Jan. – Dec. 2019.
- Until now:
 - Prepper-Groups
 - Eco-Anxiety Support-Groups



Eco-Anxiety & Fear of Climate Change

- Terms:
 - Eco-Anxiety, Climate-Anxiety
 - Climate-Change-Angst
 - Fear of Climate Change and its consequences
- Anxiety vs. Fear
- Why is it Eco-ANXIETY, but FEAR of climate change and its consequences?

What is Eco-Anxiety?

- <https://www.youtube.com/watch?v=KcDhlyuHFVU>





Dealing with Eco-Anxiety

- Many people don't talk about it!
- Gender differences:
 - Fight/Flight/Fright
 - Tend-and-Befriend
- Do you think you can do something to protect climate?
 - Maybe you will become depressed
 - Maybe you will become aggressive (being active or an activist)

Aggression



Parker Steadman + snapping my fingers while wearing in infinity gauntlet





What or Who are Preppers?

- Prepper = to prepare / be prepared
- Preppers believe in apocalyptic scenarios

Apocalyptic scenarios



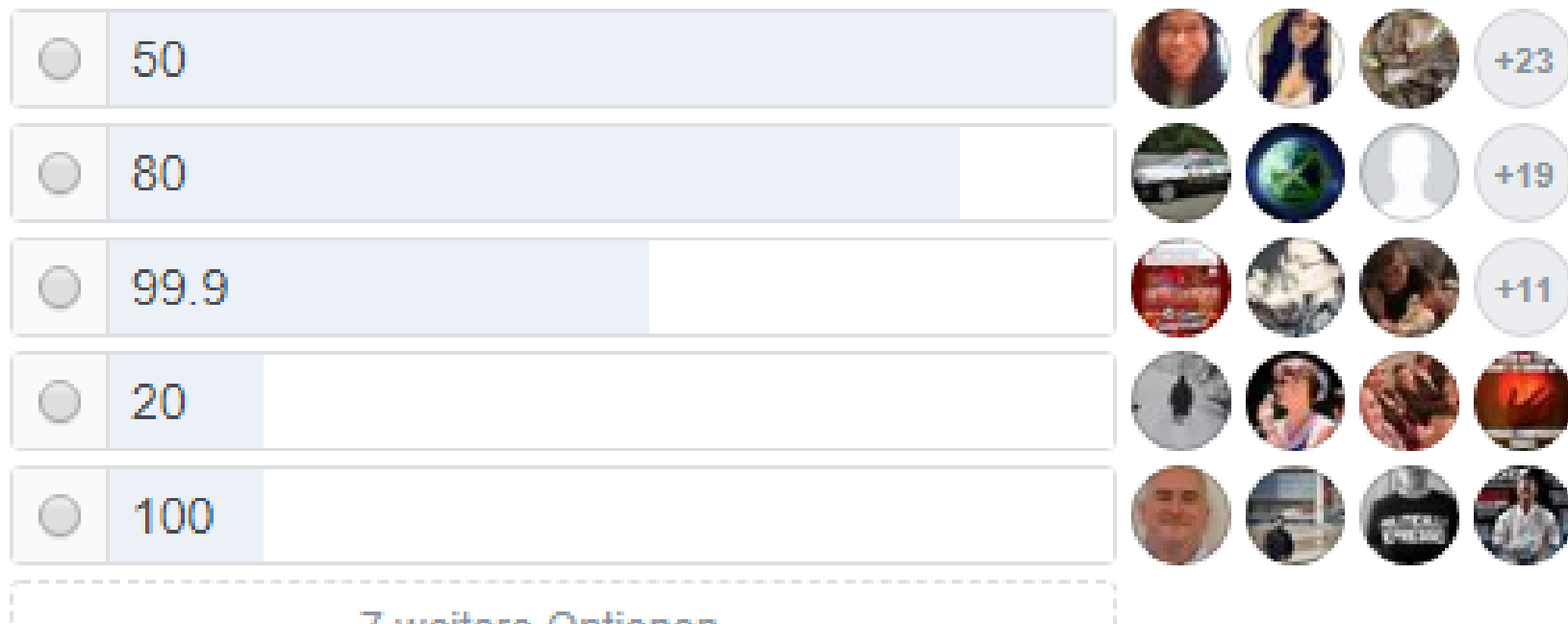
Benjamin Bigs Coppel It won't be one thing. There will near simultaneous financial crashes, breakdowns in water and food security, supply chains will fall apart, and more severe weather events causing infrastructure failure and migration. War and civil unrest will become more commonplace as it all falls apart until there is no organised mainstream society left. Then it's every group for themselves, trying to live off the scraps of civilization and whatever increasingly scarce natural resources can be obtained

Gefällt mir · Antworten · 12 W



Do they think we will survive? Um... No!

What percentage of the human race will not survive to 2050?



What can Preppers do? How can they survive this?



Prepper vs. Society

- Prepper don't trust in politics or social infrastructure
 - Hobbes: Bellum omnium contra omnes (War of all against all)
- They prepare for worst-case-scenarios
- Buying a farm, far away from the next cities and adapt it to live independently, if they have to.
- Storage or produce Water, Food, Medics, Power
 - Farming; Solar Cells... And what is with money?

Money, Money, Money isn't funny, if you're a prepper



Bruce Morgan Williams

Moderator · 24. November um 18:28

Many of us are aware of what's coming but are still stuck (to some degree) in jobs, places, commitments, and obligations that prevent us from prepping in earnest. There is a tension and a tradeoff between building up cash, and disentangling from civilization. It is very difficult to do both at the same time. Many factors come into play - jobs, personal finances, real estate market, time until crop failures, time until grid failure, time until societal breakdown, etc. It's a very personal decision. I spent the last year convincing myself I was done with the Rat Race- it was time to sell the suburb and buy the homestead, and I breathed a sigh of relief that I had a clear purpose, and I started planning accordingly, and, of course, then I got an unsolicited job offer making great money, commuting into an office in a large city
.....AAAAARRRRRHGHHHG!! I try to get away , but....they keep...dragging me back! I'm struggling with the decision. So I'm wondering what thoughts my friends here might have on the subject of "When to Bail Out" - when do you have enough, and how do you know when "the hour is getting late" in your own decision making algorithms ? Notes of empathy also appreciated.



25

52 Kommentare

Preppers and Anxiety

- They don't believe in stopping or fighting climate change
- They're sure: The end of the world is coming

We accept that climate change IS real. We accept that climate change is the most likely "end of world" aka SHTF scenario. We accept that it is imminent, not by 2100. We will retain the will to survive. We will not grieve or lose hope. We will prepare for what we know is coming. It might be futile in the end, but we will at least be in a position to judge when the end is near. We have that power. It is highly likely that we will be among the last living humans on the planet. Possibly the founders of the new world, if one is even possible.



Dealing with Eco-Anxiety

- A Post from a Prepper:
 - 1.) Write down the things you fear the most.
 - 2.) Prioritize your fears.
 - 3.) Start to look for solutions for your top fears.
 - 4.) Write down the first step or measure, that you can do to get closer to your solutions.
- So they don't work on their fears. They try to avoid them.
- Is it the best way dealing with anxieties or fears?



Support-Groups

- There are a few Climate Anxiety Support Groups
- Most of the groups have only 2-4 members, one has 856
- Active? No post since July 2019 in a group with 51 members
- One German group: Klima-Angst – Austausch und Unterstützung with 10 members

Bad News and Good News

- Mass Media talks about bad news; catastrophes, extreme weather events, scientists talking about a closing timeframe
- That can be very frightening, especially when you have children
- YouTuber Kathryn Kellogg: „Good News Friday“



Angel Carl

14. Februar

Can people send me some good news? Had a sad day in my environmental ethics class talking about all these issues 😞 just wanna hear something good.

Content of Support-Groups

- Three types of posts:
 - Positive News (Shared-Links)



A screenshot of a Facebook post. At the top left is a circular profile picture of a man. To its right, the text reads "Joel Kahn hat einen Link geteilt." followed by "5. Dezember um 03:29". Below this is the text "Taking another step." The main content is an aerial photograph of a vast solar farm with rows of blue solar panels stretching across a landscape. In the background, there are residential houses and a large industrial or airport-like facility. At the bottom left of the image area, the text "INDEPENDENT.CO.UK" is visible. At the bottom right, there is a small circular icon with the letter 'i'. Below the image, the headline reads "India just cancelled 14 huge coal-fired power stations as solar energy prices hit record low".

Joel Kahn hat einen Link geteilt.
5. Dezember um 03:29

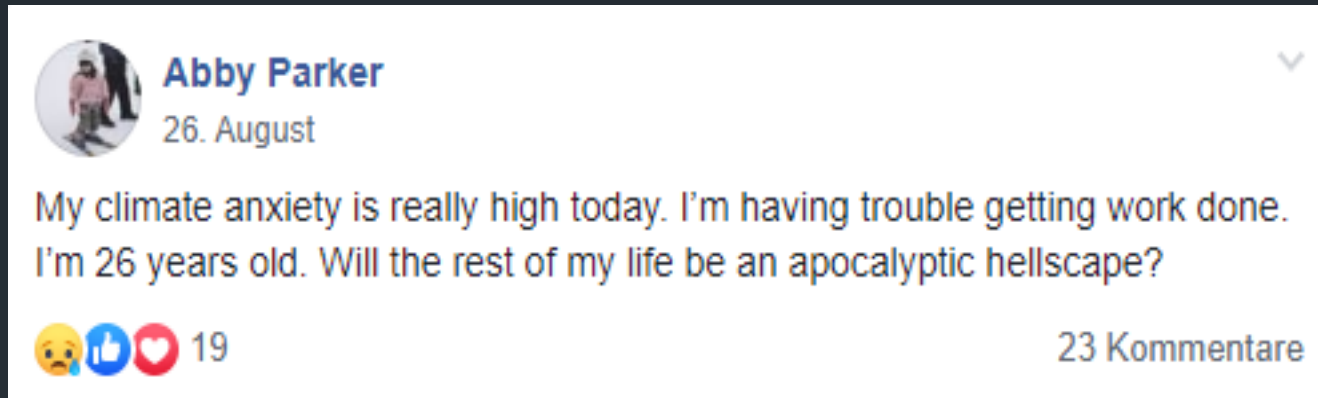
Taking another step.

INDEPENDENT.CO.UK

India just cancelled 14 huge coal-fired power stations as solar energy prices hit record low

Content of Support-Groups

- Anxiety-Posts (mostly from new members)



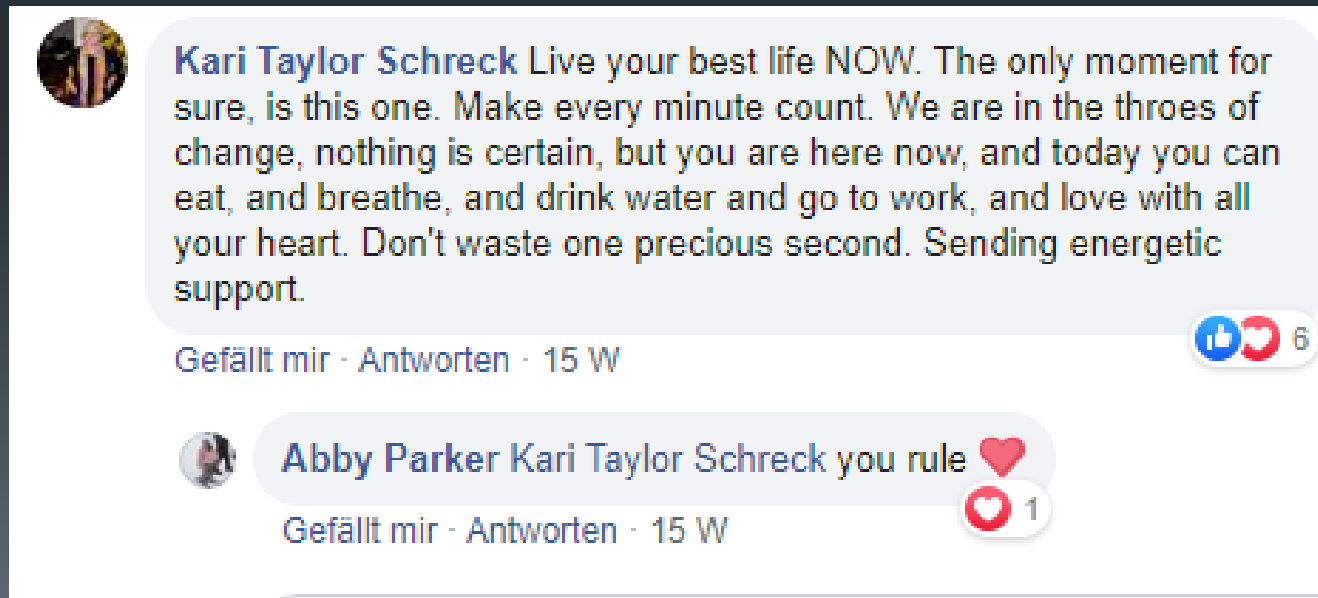
A screenshot of a Facebook post from Abby Parker, dated August 26th. The post text reads: "My climate anxiety is really high today. I'm having trouble getting work done. I'm 26 years old. Will the rest of my life be an apocalyptic hellscape?". Below the text are icons for a sad face, a thumbs up, and a heart, followed by the number 19. To the right, it says "23 Kommentare".

Abby Parker
26. August

My climate anxiety is really high today. I'm having trouble getting work done. I'm 26 years old. Will the rest of my life be an apocalyptic hellscape?

19 23 Kommentare

- Supportive comments to anxiety-posts



A screenshot showing two comments on a Facebook post. The first comment is from Kari Taylor Schreck, dated 15 weeks ago, with the text: "Live your best life NOW. The only moment for sure, is this one. Make every minute count. We are in the throes of change, nothing is certain, but you are here now, and today you can eat, and breathe, and drink water and go to work, and love with all your heart. Don't waste one precious second. Sending energetic support." It has 6 likes. The second comment is from Abby Parker, also dated 15 weeks ago, with the text: "Kari Taylor Schreck you rule". It has 1 like.

Kari Taylor Schreck Live your best life NOW. The only moment for sure, is this one. Make every minute count. We are in the throes of change, nothing is certain, but you are here now, and today you can eat, and breathe, and drink water and go to work, and love with all your heart. Don't waste one precious second. Sending energetic support.

Gefällt mir · Antworten · 15 W 6

Abby Parker Kari Taylor Schreck you rule

Gefällt mir · Antworten · 15 W 1



The Messages in that Groups

- You're not alone!
- Others are afraid too
- Others are fighting too
- It seems hopeless, but look at this good news what we have achieved
- We have to look at each other; if we're broken, we can not fix the planet
- It is ok, to feel depressed; talk to us, we will help you.
- It's ok to feel angry. Use the anger, be active and do something!



Ethnological Views

- There are a lot of cultural narratives of an end of the world
- Floodings, Hurricanes, Heatwaves, ... end of the world?!
- Religion helps at dealing with these existential anxieties
- Last century: Science can eliminate the biggest threats
- But now: Scientists talk about the end of the world
- Who can give us hope now?



Psychotherapeutical views Alfred Adler and Irvin Yalom

- Yalom: Anxiety wants to become fear
 - They can handle fear much better than anxiety
 - We should talk about death, fear of death and traumatic events
- Adler: Striving for ultimate security vs. community feeling
 - Preppers want to isolate themselves; being no part of community
 - Shouldn't we help old or poor people? No, safe yourself and your family!

The conflict between being on the farm and living in the community is nothing less than the conflict between the fear of death and participation in society.



Thank You!

- If you have any questions: Feel free to ask.
- Discussion