

young people show resilience in the face of eco-anxiety

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New research from headspace shows young people are worried about how climate change will impact their futures, with many saying eco-anxiety is affecting their daily lives.

According to the latest headspace National Youth Mental Health Survey:

Over half of young people

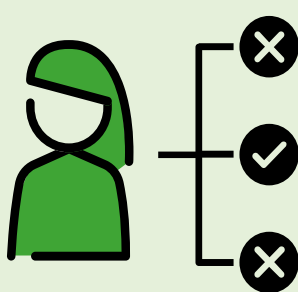


feel fearful of the future due to climate change (53%)

1 in 5



say climate change is affecting their daily lives (22%)



Many are worried they won't have access to the same opportunities their parents had due to climate change (42%)

One third



say climate change is the reason they are hesitant to have children (34%)



Almost half are worried whether they're personally doing enough to have an impact on climate change (46%) - while many feel their actions won't be enough to make a difference anyway (50%)

Taking an active role in the fight against climate change can help young people feel empowered and alleviate anxiety. Consider the below tips:



Connect with like-minded individuals:

Join local climate action groups or online communities



Take small actions:

Reduce waste, use public transport and opt for eco-friendly alternatives



Stay informed:

Seek reliable sources of information about climate change



Practice self-care:

Spend time in nature or practice mindfulness



Advocate for change:

Speak up about climate issues and share concerns with friends, family, and policymakers



Know when to take breaks:

The amount of information out there about climate change can be overwhelming. It's OK to step away from the news cycle to recharge

Join headspace's [online group chat on Thursday 14th September 2023](#) to connect with peers and share actionable ideas to make a change.

Watch headspace's new video series sharing the stories of those affected by the devastating 2022 Floods [here](#).

Young people aged 12 to 25, as well as their family, can visit headspace for support. Help is also available via phone and online counselling service, eheadspace, seven days a week between 9am-1am (AEST).