15 July, 2023

Steven Guielbeault , Minister of Environment

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Dear Mr. Steven Guielbeault,

I am Md Asif Karim from Seneca College. I am writing this letter to you because of a new mental health issue named "Climate Anxiety" spreading among younger people around us. A few weeks ago, I got an article from [The Guardian magazine, 25 June 2023] titled "We don't have to be overwhelmed by climate anxiety. Feel the pain, then act" by [Susie Orbach]. In this article, the author shows the uncomfortable reality of climate change and its impact on individuals' emotional well-being. Youngsters are experiencing a complex range of emotions associated with climate anxiety. By reading this article, you will learn how people around us feel distressed regarding climate anxiety.

There is a statement that goes, "It's not climate change that needs to be tackled." Inspired by this phrase, I share the same sentiment. By reading this article, I will argue by understanding and applying our feelings, particularly with factual knowledge, to build a bridge towards a new ethic of responsibility, empowering individuals to address the climate crisis and fulfilling our responsibility as youngsters.

The combination of factual knowledge with emotional awareness is vital for climate change. Combining an understanding of the climate crisis and its implications with personal feelings can create new psychological landscapes that motivate young people to act differently. Knowledge acts as fuel and also amplifies the urgency of the situation.

We can work together to antidote climate anxiety. The article highlights the significance of united efforts and the role of young activists who refuse to give in to failure. Their passionate advocacy reminds us that acknowledging and controlling our emotions can propel us toward meaningful action.

Armed with emotional literacy and environmental knowledge, today's younger generation plays a vital role in personal liberty and growth. They love their earth the most. Their love for the environment and determination to find answers to the climate issue. By collaborating with like-minded individuals and rejecting destructive growth ambitions, they pave the road for a sustainable future.

In summary, we can find the motivation to address the climate crisis by embracing our feelings with factual knowledge. The young generation's emotional intelligence and dedication to the environment offer hope for a sustainable future. We must recognize and resist the emotional manipulation employed by climate deniers and work collectively to build a world where personal growth aligns with the planet's well-being. Doing so can transform climate anxiety into a catalyst for positive change.

Sincerely,

Md Asif Karim

Student of Seneca College

References:

Susie Orbach. "We don't have to be overwhelmed by climate anxiety. Feel the pain, then act". 25 June2023.https://www.theguardian.com/commentisfree/2023/jun/25/we-dont-have-to-be-overwhelmed-by-climate-anxiety-feel-the-pain-then-act

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