

Anxiety

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Psychiatric Times Article

We Cannot Abandon Youth to Climate Anxiety

November 10, 2023

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Commentary

Article



Children have real worries driven by real threats when it comes to climate change.

Who: Youth (the term is used pretty generally here, not a specific age group, though aimed primarily at teens).

What: Anxiety caused by worries about climate and other long-term, seemingly “insurmountable” problems.

How: Because of the “nebulousness” of the problem, it is hard to get a real grip on it for most people - assurance that they can have a direct impact is important.

When: Immediately. Panic doesn’t do any good, but education does. Nihilism and “acceptance” of impending doom makes it all the more likely.

(Read “The Techno-Optimist Manifesto” by Marc Andreessen)