



Ecological Grief

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Falls Videos und besondere Animationen vorhanden waren, können diese jedoch fehlen. Teilweise wird von uns hierzu eine Warnung eingefügt, teilweise ist es unbearbeitet.

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“I am ashamed before the Earth;
I am ashamed before the heavens;
I am ashamed before the dawn;
I am ashamed before the evening twilight;
I am ashamed before the sun.
I am ashamed before that standing within me which speaks with me.
Some of these things are always looking at me.
I am never out of sight.
Therefore, I must tell the truth.
I hold my word tight to my breast.” (Lincoln, 1983)

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1. Statistics

- 30 % of Europeans are “very or extremely worried” about climate change and emotions of fear, outrage and guilt in relation to climate change are present in 8–42 %
(Steentjes, K. et al., 2017)
- 56 % of rural Australians are worried about climate change
(Berry, H.L.; Peel, D. ,2015)
- 29 % of Americans are “very worried” about global warming and the majority of Americans are at least a “little worried” about extreme events in their local area such as extreme heat (64 %) or droughts (60 %)
(Leiserowitz, A. et al, 2020)
- 92 % of Greenland population accepted that climate change is happening with 76 % claiming to have felt the effects personally, causing them more stress and anxiety.
(Minor, K. et al., 2019)

2. The sound of extinction (Video)

[Open the Video here:](https://www.youtube.com/watch?v=KnpsMGOPWRY)

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

Great Big Story & Krause, B. 2016. This is what extinction sounds like. (2016, May 11). [Video]. YouTube.
<https://www.youtube.com/watch?v=KnpsMGOPWRY>

3. Introduction

“Can there be genuine and lasting ecological renewal without a deep expression of grief and mourning for all that is being lost?” (Burton-Christie, 2011)

“We only grieve for what we know” (Leopold, 1949)

4.1 Ecological Grief – Definition

“The grief felt in relation to experienced or anticipated ecological losses, including the loss of species, ecosystems and meaningful landscapes due to acute or chronic environmental change.” (Cunsolo, 2018)

4.2 Context

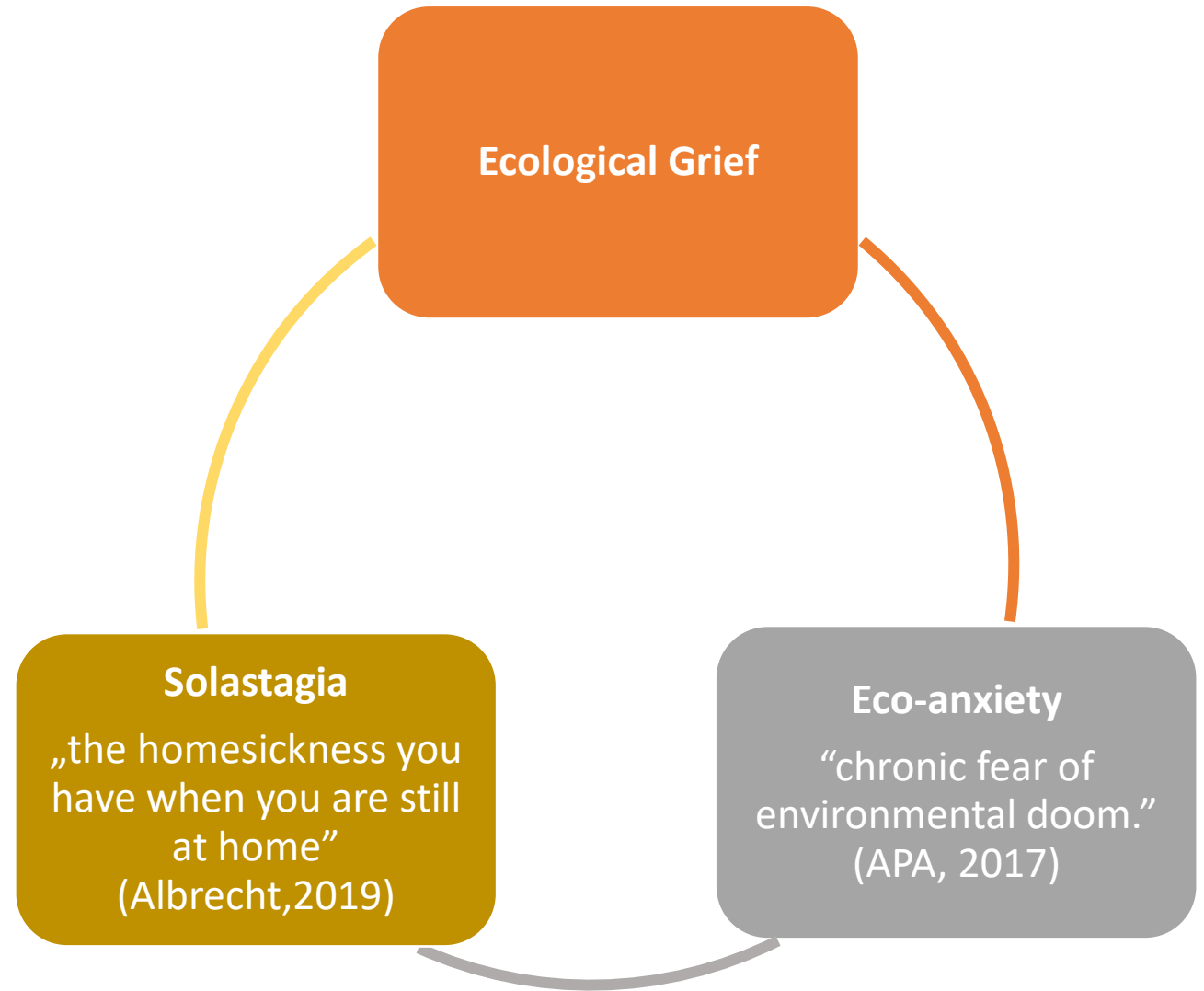
Grief associated with physical ecological losses

Grief associated with loss of environmental knowledge and identity

Grief and anxiety associated with anticipated future losses, including loss of culture and livelihoods

Cunsolo, A., Ellis, N.R. Ecological grief as a mental health response to climate change-related loss. *Nature Clim Change* **8**, 275–281 (2018). <https://doi.org/10.1038/s41558-018-0092-2>

4.3 Related Concepts



4.4. Solastalgia

“(...) a painstaking record of endangered natural forms and a commentary on our own culpability.”
(MacDowell, 2012)



Figure 1, MacDowell, K. (2010) *Solastalgia*, 7"x7"x4", hand-built porcelain, cone 6 glaze. <http://www.katemacdowell.com/solastalgia.html>

Maladaptive



- Traumatic perception
- Withdrawal from social or recreational activities
- May exacerbate existing social problems

5. Consequences of Ecological Grief

Adaptive



- Could motivate environmental behaviour



6. Call to Action

- Include mourning as part of a contemplative spiritual practice (Burton – Christie, 2011)
- Mourning rituals
- Ethics
- Community
- Art & Education



7. Conclusions

- Climate change is not just some abstract scientific concept or a distant environmental problem
- Very few empirical studies on ecological grief and its possible impacts on our mental health
- Ecological grief as a legitimate response to ecological loss
- Hope at the heart of grief response
- We all have the opportunity, driven by a vital necessity – to reinvent our world

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