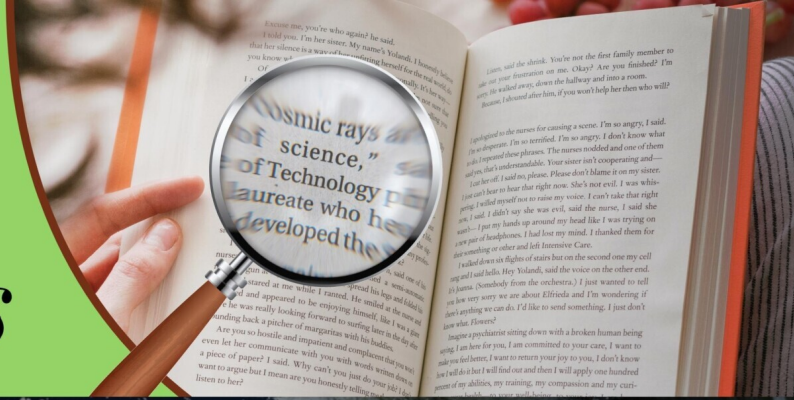


# BaronE Health Reviews



## **Eco-anxiety, a social phenomenon?**

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**Holistic Natural Health Experts**

# About us

## Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

## How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

## What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

## Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

# Eco-anxiety, a social phenomenon?

## Original article

<https://www.efficiency21.ch/article/%Ableco-anxiete-est-devenue-un-phenomene-social%BB/36>

### *Express bio*

*Professor Tobias Brosch studied psychology at the University of Trier and the University of Canterbury before earning a PhD at the University of Geneva and a postdoctoral fellowship at New York University. In 2015, he founded the Decision and Sustainable Behavior Lab at the University of Geneva. He is now an associate professor there and leads the Psychology of Sustainability research group.*

This article is an interview with Professor Tobias Brosch by Sophie Franklin Kellenberger. His biography shows us right away that we are not dealing with an amateur, which is a good thing.

So we will give you our analysis on the facts reported in this interview on eco-anxiety. Let's start with the title, which could make you smile if the situation were not so serious, fabricated and simple to understand.

*"Eco-anxiety has become a social phenomenon."*

*Climate change is also having an effect on our mental health. Faced with the threat of environmental degradation, eco-anxious people are becoming more and more numerous. If, for some people, this anxiety serves as an engine to take action, it often generates a feeling of powerlessness leading to withdrawal.*

The observation seems to be correct: eco-anxiety has become a social phenomenon. Without using the jargon of sociology, it is necessary to understand the causes and the mechanisms which give rise to a social phenomenon, otherwise what you say about it will not make sense.

Systematically this approach is hidden, because any additional psychopathology represents a significant source of income for the professionals of the psychic disease, and the eco-anxiety is a real goose with golden eggs. Who would have an interest in its avoidance?

*Interview by Sophie Franklin Kellenberger*

*Although it is a recent phenomenon, eco-anxiety has spread so quickly that it is one of the most commonly used terms in blogs and the media in 2020. However, this concept covers very different realities, with very different intensities of concern.*

Indeed, eco-anxiety is spreading like wildfire thanks to media and government propaganda about climate change. Billions of dollars are injected every year to manufacture this propaganda, certainly the most deadly of all time. Thus, thanks to this propaganda, citizens are pushed to accept the unacceptable.

# Eco-anxiety, a social phenomenon?

*While most eco-anxious people are driven to concrete environmentally friendly actions, some feel a sense of distress, even despair. Tobias Brosch holds the Chair of Psychology of Sustainable Development at the University of Geneva. As a specialist in the science of emotions, he deciphers this phenomenon and explores remedies to manage these new anxieties.*

Before we talk about solutions, let's understand the origins and validity of eco-anxiety.

First of all, eco-anxiety has been built from scratch by state propaganda linked by the media on global warming.

In fact, we should talk about climate disruption or climate change in different parts of the world. Regularly, the climate has changed on our planet over the millennia, today, what is it? Well, undoubtedly, phenomena taking place in our solar system and on our planet impact the climate.

For the forces at play that do not depend on man, there is nothing we can do, so there is no anxiety to be had. We should therefore focus on the destruction of biodiversity, which is indeed man-made.

In this case, the models of society and economic development put in place by governments and multinationals are responsible for the part attributable to man, and not the consumers who have been educated to live according to the models imposed by these leaders.

*Why has the phenomenon of eco-anxiety spread so quickly?*

*We know today that emotions are at the source of most decisions that an individual is led to make in his life. We also know that emotions have been used since the dawn of time as warnings of multiple dangers.*

We have here the explanation of the interest of manipulating people's emotions by propaganda to make them develop anxiety in front of certain dangers.

*Feeling anxious about environmental degradation or climate change is in itself quite rational, given their very negative effects on human well-being.*

Here, the root of the problem is addressed without naming it. Before feeling anxiety, one should logically feel anger and act to protect "the environment", not only for its negative effects but also because the lives of ecosystems and animals are no more or less important than our own. We are interrelated on all levels.

Obviously the destruction of ecosystems will have a local and global impact on the climate, on our physical, emotional and mental health, on the quality of life. And not only for ourselves, but for the billions of animals with whom we share our life on earth.

# Eco-anxiety, a social phenomenon?

Of course, if the governments of the countries did not act against the interests of the citizens, and if a majority of the citizens were properly informed, it would have been a long time since the people got angry and stopped the destruction of the ecosystems.

But the propaganda has always ridiculed and marginalized the real environmentalists and whistleblowers. Consuming and living more "ecologically compatible" did not suit the governments and the multinationals.

Perhaps we had to get to this point, so that they could propose their own solution.

This solution consists, after naming a culprit, CO2, in suppressing human rights and putting in place an absolute control of our lives. And this should generate not anxiety but great anger.

Today, those responsible for ecocides continue with impunity, even their overproduction of CO2 is not sanctioned since they can simply buy carbon credits, a kind of right to pollute for the rich.

*Rising temperatures, diseases, malnutrition, disasters, social conflicts or stress can logically generate an existential insecurity when, suddenly, the world is no longer as it was before.*

Some subjects are presented in bulk that can generate existential insecurity without any analysis. Diseases, malnutrition, disasters, social conflicts or stress are caused by man.

Multinationals and governments are directly responsible for the destruction of soils, air and water pollution, and the destruction of forests. Not naming those responsible generates anxiety, naming those responsible generates anger, action, and societal change.

*It is therefore normal that when exposed to such consequences, one may feel uneasy. But our observation is that this anxiety is felt by people who have not personally experienced the direct impacts of climate change; their perception of the phenomenon is made in particular through the media, which puts the subject in the spotlight. To the point that eco-anxiety has become a social phenomenon, not just an observation of research or clinical psychology.*

Once again we use anonymous facts such as "exposed to such consequences". We are not talking about being exposed to rain or sun, natural phenomena, but to ecocides whose culprits have magically disappeared.

And since the manifestations of climate change are very diverse and sometimes local, the eco-anxiety felt by those who are not directly affected by it is attributed to the... media "that bring the subject to the forefront".

Let's remember that these mainstream media are all owned by those who finance or commit ecocide. The circle is complete. Eco-anxious individuals are thus ready to accept solutions that have nothing to do with "climate protection".

# Eco-anxiety, a social phenomenon?

*« Eco-anxiety is very useful whenever it alerts us to a potential threat to our well-being and the need to mobilize our resources to respond »*

And to support this drift, ecoanxiety becomes "very useful when it warns us of a potential threat to our well-being and of the need to mobilize our resources to react".

Here we are in the middle of psychological usurpation. Anxiety paralyzes, awareness, indignation and anger push us to action. Anxiety is a psychological disorder that sets in when normal emotions such as fear, apprehension or dread are felt for too long, too intensely. Anxiety, the real thing, rots the life of the person affected, making them weak and submissive.

*Has the world ever experienced such collective anguish?*

*The risk of nuclear war comes to mind. That was a global anxiety, where there was concern that the situation was out of control. Today, global warming is also a globally shared stress. And then, of course, the Covid-19, which is a worldwide concern and strongly mobilizes our emotions.*

Again, here we are facing a great manipulation since the risk of nuclear war depends only on governments and the military-industrial complex, so if there is an advantage to use nuclear weapons as it was the case for Hiroshima and Nagasaki in August 1945, they will use it.

Mobilizing our emotions for Covid 19 and global warming? Well for Covid, now that its origin is no longer a question, we are waiting for justice to do its job and we fear that it will take a long time, even an eternity. No anxiety to have, this viral infection is perfectly treatable.

*Can eco-anxiety be useful to accelerate changes for climate protection?*

*In the field of affective sciences, emotional psychologists answer in the affirmative: eco-anxiety is very useful when it alerts us to a potential threat to our well-being and to the need to mobilize our resources to respond. When it remains within these limits, eco-anxiety does not need to be treated, because it can invite concrete action.*

*Are ecologists, researchers or cleantech entrepreneurs active eco-anxious?*

*Eco-anxiety is too vague a term to qualify someone as eco-anxious. The people you mention may not all be eco-anxious, but it is very likely that they feel the motivational force of emotions!*

*How can eco-anxiety become a poison?*

*Too much anxiety can overwhelm and paralyze you. And this is where the special phenomenon of clinical, pathological and problematic anxiety really begins: when your daily functioning is impaired, when you can no longer sleep, work or socialize because this fear dominates you and is everywhere.*

# Eco-anxiety, a social phenomenon?

We have already developed these points previously, but here we note the paradoxical treatment of the subject. The reader is confused, because anxiety is both a motor for change and a psychological illness that ruins your life.

This is, of course, totally false. Anxiety is pathological, period. Feeling temporary emotions such as fear, apprehension or dread is normal, but the most important thing for our physical, emotional and mental health is to reclaim our human rights and to have access to information. These two conditions are essential to living our lives and making our own choices in complete freedom.

*How many people are affected by this pathological form of eco-anxiety?*

*According to a 2018 survey in the United States, 51% of the population considered climate change to be a source of stress and 29% of respondents said they were very worried. Other American research involving 400 people indicates that 10% of them have a block that may require a clinical diagnosis. Another recent study shows a possible predisposition to this paralyzing eco-anxiety: if your emotional system is already vulnerable, it can really paralyze you. Young people are particularly affected, especially teenagers.*

It must be recognized that the destruction of the environment continues as if nothing had happened, but far too many people are still unaware of the simple solutions that should be provided for the good of all. Of course, these solutions go against the interests of the media owners, so they continue to feed the anxiety.

*How can eco-anxious people be helped?*

*Treatment is only necessary if anxiety interferes with a person's ability to live his or her life. In recent years, we have been developing specific measures and treatments. But psychology has long known the levers and mechanisms useful for treating anxiety in general. We can work on a better control of stress factors, i.e. things that scare us. But we can also focus on the experience of the emotion, without necessarily eliminating the stressor: in the case of eco-anxiety, the stressor is climate change, and we must learn to deal with it.*

Perhaps by properly informing them about climate change and who is really responsible?

*"The very worrying and alarmist communication campaigns end up paralyzing a part of the population."*

We repeat our comment here: "Obviously, these solutions go against the interests of the media owners, so they continue to feed the anxiety."

# Eco-anxiety, a social phenomenon?

*Isn't an exclusively alarmist discourse on the environment counterproductive?*

*Researchers in affective sciences have known for a long time to what extent emotions can mobilize a response for actions in favor of the environment. However, alarmist communication campaigns end up paralyzing a part of the population; loaded with such a heavy burden, these people become unable to act.*

They may have reinvented the wheel: the mainstream media is toxic!

However, it is important not to name those responsible. It would seem that these communication campaigns fall from the sky. A too well-informed mind could think that they are carefully planned and supervised by experts in psychology and marketing to produce precisely a paralyzing eco-anxiety.

*What other emotion than fear can be used to mobilize people?*

*Anger is more empowering than fear, and therefore seems more effective. Take Greta Thunberg or Fridays For Future: these mobilization proposals are not based on fear, but on anger. "How dare you not protect our planet?": it still worked very well! Especially if we add that the problem is serious, but that we can find a solution by working together. And the prospect of a solution gives hope!*

Unbelievable, would anger be positive? But against whom? Those who pollute and tax carbon to the point that citizens can no longer heat, move, work or live? Because let's be clear, citizens pay for all the damage that companies and governments continue to do.

*When eco-anxiety leads to professional reconversion*

*Aline Müller-Guidetti, an occupational psychologist, accompanies more and more eco-anxious people in their professional reconversion. She cites the typical case of a patient with a comfortable income, working in a multinational company and often travelling by plane. Suddenly overwhelmed by an unbearable anxiety about environmental damage, he plunges into an existential and identity crisis. "Taking action is a life-saving process, but you have to find your way," she explains. "While some people get involved in politics or become activists, others look for meaningful jobs or jobs that are useful to the environment." But for the work psychologist, dropping everything to buy her plot of land and do permaculture on a whim is a risky bet! She therefore invites her patients to take the time to reflect by defining their new needs and priorities before undertaking a reconversion in a realistic project where their values will be respected.*

Here we are in the absolute cliché: "...a patient with a comfortable income, working in a multinational company and often travelling by plane. Suddenly overwhelmed by an unbearable anxiety about environmental damage, he plunges into an existential and identity crisis.

The multinational will continue the ecocides, but the individual with a comfortable income (obtained thanks to the ecocides) will be able to transition towards a more ecologically acceptable life. Which, by the way, is very positive for him.

No worries, his job will be immediately taken over by someone who needs a comfortable income.

# Eco-anxiety, a social phenomenon?

*Are occupational psychologists sufficiently trained to deal with these eco-anxious people? "There are not many of us working in this new field," says Aline Müller-Guidetti. Networks are being set up between psychologists of different specialties in Switzerland, France and Belgium, in order to develop new means of individual or collective support. The tools used with eco-anxious patients include individual skills assessments that include reflection on their relationship with nature. "We also propose to them to get out of their isolation by facilitating exchanges between them in order to think about possible common projects."*

With each new anxiety, new professional opportunities arise for psychologists and psychiatrists. Accompanying a patient with an assessment of his or her skills is all very well, but giving him or her the financial means to make the change in life a reality is even better, and this point remains the stumbling block to any transition.

Governments tax, limit the movements of individuals, trap them with loans over 20 or 30 years, thus making any vital change difficult. They propose solutions of limitations and confinement, such as living in smart cities or 15-minute cities, where at the slightest epidemiological alert, you can again be confined indefinitely, but this time under total digital control. Your consumption will also be strongly limited, reduced to survival if necessary. All this is under the pretext of protecting the climate.

Obviously, a part of the population will be able to continue to pollute freely, to own private jets, cars, yachts, and residences, and will not have, I reassure you, any eco-anxiety. Wars will continue to be fuelled, it would be a pity if the military-industrial complex saw its revenues decrease.

Psychologists will be careful not to explain this to you so that you will not feel any anger but only eco-anxiety.

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- Find natural products to replace pharmaceuticals and chemical treatments when possible
- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



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