

STUDY GUIDE

Understanding eco-anxiety and Promoting Eco- Generativity: Building a Positive Narrative for Sustainability

Course/training name	Understanding eco-anxiety and Promoting Eco- Generativity: Building a Positive Narrative for Sustainability
Host Institution(s)	University of Florence, Florence, Italy
Co-organising Institution(s) (if applicable)	Multimedia Lab University of Florence
Course level (if applicable)	NA



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Name and faculty of the lecturer(s)/trainer(s)	Fiammetta Cosci Master's Degree in Clinical and Health Psychology or Neuropsychology (LM-51 or equivalent) Single-Cycle Master's Degree in Medicine and Surgery (LM-41 or equivalent) PhD programme in Clinical Sciences
Mode of delivery	Blended (online + on campus)
Location (if applicable)	Online + Multimedia Lab University of Florence
Dates of the <u>online</u> component (if applicable)	From 18 May 2026 to 22 May 2026
Dates of the <u>on-site</u> component (if applicable)	From 5/25/2026 to 5/29/2026
Cost	This short-term mobility offers involves travel and subsistence costs. Make sure to contact your local mobility officer and/or EUniWell team to get more information on potential mobility grants.
Target audience(s)	<input type="checkbox"/> Bachelor's <input checked="" type="checkbox"/> Master's <input checked="" type="checkbox"/> PhD <input type="checkbox"/> Educators <input type="checkbox"/> Researchers <input type="checkbox"/> Administrative staff
Prerequisites	None
Language(s) of instruction and recommended CEFR level	English, at least B2
Main Thematic Arena(s)	<input checked="" type="checkbox"/> Arena 1 - Health and Well-Being <input checked="" type="checkbox"/> Arena 2 - Social Equality and Well-Being <input checked="" type="checkbox"/> Arena 3 - Environmental change and Well-Being <input type="checkbox"/> Arena 4 - Multilingualism and Well-Being

	<input type="checkbox"/> Arena 5 - Teacher Education and Well-Being <input type="checkbox"/> Transversal				
Field(s) of research / study	1. Eco-anxiety and environmental psychology; 2. Social, cultural and creative approaches to ecological transition.				
Related Sustainable Development Goals (SDG) 	<input type="checkbox"/> 1 - No poverty				<input type="checkbox"/> 10 - Reduced inequalities
	<input type="checkbox"/> 2 - Zero hunger				<input type="checkbox"/> 11 - Sustainable cities and communities
	<input checked="" type="checkbox"/> 3 - Good health & well-being				<input type="checkbox"/> 12 - Responsible consumption & production
	<input type="checkbox"/> 4 - Quality education				<input checked="" type="checkbox"/> 13 - Climate action
	<input type="checkbox"/> 5 - Gender equality				<input type="checkbox"/> 14 - Life below water
	<input type="checkbox"/> 6 - Clean water & sanitation				<input type="checkbox"/> 15 - Life on land
	<input type="checkbox"/> 7 - Affordable & clean energy				<input type="checkbox"/> 16 - Peace, justice & strong institutions
	<input type="checkbox"/> 8 - Decent work & economic growth				<input type="checkbox"/> 17 - Partnerships for the goals
	<input type="checkbox"/> 9 - Industry, innovation & infrastructure				
Number of ECTS	3				
Workload in hours	36				
Key words	Well-being	Anxiety	Health	Climate	Environment
Catch Phrase	Understanding eco-anxiety and Promoting Eco- Generativity				
Total number of places for EUniWell participants	30				
Application procedure (Specific process if any)	Application form on the EUniWell Courses and Training Catalogue				
Selection criteria (Indicate priority target audiences)	Students will be selected through a specific call for applications published in the EUniWell Course Catalogue. Each university is recommended to select students applications based on criteria as: - a demonstrated interest in environmental issues and climate change; - motivation to explore eco-anxiety and its psychological, social, and cultural dimension and impact; - interest in regenerative or eco-generative approaches and interdisciplinary perspectives.				

<p><i>Abstract (700 characters minimum)</i></p>	<p>The climate crisis is one of the most pressing and complex challenges facing younger generations today, with increasingly evident impacts on health. Extreme weather events, loss of biodiversity, and growing uncertainty about the future contribute to emotional distress, often difficult to manage. In this context, a growing interest has emerged in the field of Climate Psychology, a branch of psychology that explores the emotional, cognitive, and social processes underpinning the ecological and climate crisis, as well as our responses and adaptation strategies. Among the most relevant psychological phenomena is eco-anxiety, defined by the American Psychological Association as “the chronic fear of environmental cataclysm that results from observing the seemingly irrevocable impact of climate change and the associated concern for one’s future and that of next generations”. Eco-anxiety has been shown to significantly impact psychological well-being, with reference to young people. A global survey published in The Lancet Planetary Health (2021) revealed that 60% of respondents aged 16–25 reported being very worried about climate change, and nearly half stated that these concerns negatively affect their daily functioning.</p> <p>This project seeks to address this psychosocial and educational challenge by promoting an innovative and proactive perspective focused on eco-generativity, nurturing positive psychological resources that can foster sustainable behavior, a sense of agency, and constructive, hopeful narratives about the future.</p> <p>Students will learn to design interventions and strategies that promote eco-generativity and psychological well-being in the context of climate change. They will understand and address the cognitive and social impacts of eco-anxiety, while exploring ways to foster constructive and sustainable behaviours. The course gives them the knowledge and skills to develop educational, community-based, and experiential solutions that strengthen individual and collective resilience, encourage climate-oriented actions, and support mental health in response to environmental challenges.</p>
<p>Programme / session(s) schedule</p>	<ul style="list-style-type: none"> - Virtual Mobility: 6-hour online lectures exploring anxiety, anxiety related to climate issues, eco-anxiety, phobia related to climate, and nature-based solutions. International experts will be invited as speakers. The experts and the students will be involved through a dedicated online platform.

	<p>Physical Mobility: In Florence from the 25th of May 2026 to the 29th of May. The workshop includes experiential and co-creative learning activities. The first day will focus on applying coping strategies, with expert guidance on identifying eco-anxiety symptoms and effective mitigation techniques. The next two days will involve group projects, where students apply their knowledge to real-world sustainability challenges, emphasizing solutions that support both environmental sustainability and mental health. The final two days will be spent creating and recording podcasts, where students present their group work and share insights on eco-anxiety, coping mechanisms, and sustainable practices. Throughout the week, students will collaborate with experts promoting a multidisciplinary approach to climate action and well-being and will produce three episodes of a podcast.</p>
<p>Developed skills and competences (Please consider identifying skills and competencies using the ESCO framework https://esco.ec.europa.eu/en/classification/skill_main)</p>	<ul style="list-style-type: none"> - Social and communication skills and competences; Self-management skills and competences; Communication, collaboration & creativity; Working with machinery and specialized equipment
<p>Objectives and learning outcomes</p>	<ul style="list-style-type: none"> • Understand eco-anxiety and its impacts on mental health in the context of climate change. • Develop coping strategies and promote eco-generative, sustainable behaviors. • Engage in experiential and collaborative learning through workshops and group projects. • Create a podcast series to communicate insights on eco-anxiety, mental health, and sustainability. • Strengthen interdisciplinary collaboration and contribute to climate-conscious action in the community.
<p>Assessment methods and criteria (if applicable)</p>	<p>Students' engagement in the workshops will be assessed. In addition, students' ability to organize and produce the final podcast, showcasing their insights on eco-anxiety, coping strategies, and sustainability, will be assessed.</p>
<p>Type of certification issued upon attendance or completion</p>	<p>The successful completion of the tasks will be recognized with academic credits (ECTS), depending on the policies of the students' institutions. Additionally, students will receive certificates of participation.</p>

Contact (List of local EUniWell
catalogue's coordinators
available [here](#))

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*For questions related to the content of the course, please contact the offer's
Institution's local catalogue coordinator. For questions related to administration,
mobility or recognition the course in your curricula, please contact home
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