



## #PodcastsInTheClassroom

### Episode Question Ideas: Episode 121

**Inside Out: The Grief, Trauma, and Anxiety of Climate Change (and what you can do) with Dr. Renee Lertzman**

<https://www.americaadapts.org/episodes/2020/9/25/inside-out-grief-and-anxiety-in-the-climate-change-era-with-dr-renee-lertzman>

#### Full Episode Questions

- Describe your emotional and psychological attachment and relationship with the environment and/or climate. What brings up positive or negative feelings?
- What are the implications of ideas like eco-anxiety becoming the "main stream?"
- Reflect on your personal characteristics: Do you identify as the type of person described by Dr. Lertzman with regards to who might be working in a climate adaptation space? What characteristics might make you particularly vulnerable to/ resilient to the emotional impact of climate change?
- Do you have any resources or individuals you can lean on for psychological stress related to climate change? Describe people and things you can use to help you work through feelings of burn out and increase your resiliency for climate change.
- Dr. Lertzman and Doug take very different approaches to who might be qualified or resilient enough to working in climate spaces. What is your opinion of who should or should not or who can or cannot work in these spaces? Defend your position.



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