

- 8** Your school or college is writing a resource pack for young people who are struggling with anxiety.
- Write a section for the guide with the title 'Eco-anxiety: what it is and what to do about it'. You could write about:
- feelings young people might be having due to the climate crisis
 - practical things they can do to feel better or take action
 - ways they can look after their mental health more generally
- as well as any other ideas you might have.
- *Your response will be marked for the accurate and appropriate use of vocabulary, spelling, punctuation and grammar.*

(Total for Question 8 = 40 marks)

Answer:

Eco-anxiety: what it is and what to do about it

If you're feeling anxious, stressed and distracted by the impact of climate change, you may be suffering from eco-anxiety. This is a term that psychologists have coined to describe the understandable feelings of fear and anger that are disproportionately affecting young people due to the rise of global warming, and the failure of global government to take suitable action. Maybe you can't sleep at night due to worry. Maybe it's hard to concentrate on your school work. Maybe you feel a sense of powerlessness in the face of this change.

The first thing to say is that your feelings are valid. You should acknowledge your discomfort, rather than let anyone dismiss your emotions and tell you 'you're overreacting'. Climate change is an enormous issue facing our planet today, and international government will have to work hard to reverse its effects. It is still possible to limit and mitigate the effects of climate change in meaningful ways – this is a future we can all hope for and fight for. But it's fair that you feel this way.

There are some practical things you can do to feel better. Anything that makes you feel powerful again is a good start: write to your local MP demanding change, go to a protest, talk to your teachers about better recycling initiatives or a points scheme for those who cycle in to school. It's so unfair that it's you who has to take action, rather than the enormous global corporations responsible for the bulk of emissions. But it will make you feel better to take back a sense of control.

The second thing to do is talk to other young people about your feelings. You may find that many others are feeling the same way, and that sharing the experience is less painful than doing it alone. You could have these conversations in an informal way, or set up a group at lunch time which discusses environmental concern. Either way, the most important thing is to share how you are feeling, and have your experience validated. This may take some weight off your shoulders.

Finally, there are general ways you can care for your mental health. You can talk to a therapist or counsellor – most schools have one. If you are having invasive thoughts, you can practise deep breathing techniques, meditation or journaling. And you can try to do things for yourself that feel good, whether that's watching a movie, cooking a lovely meal or listening to music. When something is troubling us, it's easy to start believing that thinking about it all the time will help us solve the problem. Normally, it won't. There's only so much useful thinking about any issue we can do. So try to give your brain some time out and continue to enjoy yourself, in any ways you can.

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Table of Contents Edexcel Pixl Predicted Paper 2 Answers 2014

1. Understanding the eBook Edexcel Pixl Predicted Paper 2 Answers 2014
 - The Rise of Digital Reading Edexcel Pixl Predicted Paper 2 Answers 2014
 - Advantages of eBooks Over Traditional Books
2. Identifying Edexcel Pixl Predicted Paper 2 Answers 2014
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Edexcel Pixl Predicted Paper 2 Answers 2014
 - User-Friendly Interface
4. Exploring eBook Recommendations from Edexcel Pixl Predicted Paper 2 Answers 2014
 - Personalized Recommendations
 - Edexcel Pixl Predicted Paper 2 Answers 2014 User Reviews and Ratings
 - Edexcel Pixl Predicted Paper 2 Answers 2014 and Bestseller Lists
5. Accessing Edexcel Pixl Predicted Paper 2 Answers 2014 Free and Paid eBooks

- Edexcel Pixl Predicted Paper 2 Answers 2014 Public Domain eBooks
- Edexcel Pixl Predicted Paper 2 Answers 2014 eBook Subscription Services
- Edexcel Pixl Predicted Paper 2 Answers 2014 Budget-Friendly Options
- 6. Navigating Edexcel Pixl Predicted Paper 2 Answers 2014 eBook Formats
 - ePub, PDF, MOBI, and More
 - Edexcel Pixl Predicted Paper 2 Answers 2014 Compatibility with Devices
 - Edexcel Pixl Predicted Paper 2 Answers 2014 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Edexcel Pixl Predicted Paper 2 Answers 2014
 - Highlighting and Note-Taking Edexcel Pixl Predicted Paper 2 Answers 2014
 - Interactive Elements Edexcel Pixl Predicted Paper 2 Answers 2014
- 8. Staying Engaged with Edexcel Pixl Predicted Paper 2 Answers 2014
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Edexcel Pixl Predicted Paper 2 Answers 2014
- 9. Balancing eBooks and Physical Books Edexcel Pixl Predicted Paper 2 Answers 2014
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Edexcel Pixl Predicted Paper 2 Answers 2014
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Edexcel Pixl Predicted Paper 2 Answers 2014
 - Setting Reading Goals Edexcel Pixl Predicted Paper 2 Answers 2014
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Edexcel Pixl Predicted Paper 2 Answers 2014
 - Fact-Checking eBook Content of Edexcel Pixl Predicted Paper 2 Answers 2014
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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