







STARS Webinar Series 2023

Title: Learning to cope with climate anxiety: a salutogenic view on the permaculture

design approach

Date: March 24th 13:00-15:00 CET

Speakers: Marguerite Daniel and Laura Bouwman

Webinar registration:

https://uzh.zoom.us/meeting/register/u5UudeiqpzgiHNx5BhBvm55fehCgX HTT500

Abstract:

We would like to invite you to join us in exploring how permaculture provides resources for coping with climate anxiety in a salutary, health promoting way. Nowadays, anxiety and grief about climate and the environment is one of the most rapidly increasing sources of stress, especially among children and youth. Studies show these feelings have pathogenic outcomes such as guilt, intergenerational blame, breakdown and even suicide. Current responses include different types of therapy, self-care interventions and nature-based interventions.

If we regard climate anxiety as a stressor in the salutogenic sense, then it does not need to be pathogenic but can be salutary, moving those who experience it towards health rather than breakdown. In salutogenesis, a strong Sense of Coherence (SOC) can enable a positive response to stressors such as climate anxiety. SOC is an orientation to life developed through life-experiences that promotes identification and use of resources to cope with stressors in a way that is supportive to health and wellbeing.

During the webinar, we investigate how the permaculture design approach provides for a salutary way of learning to cope with climate anxiety. We will introduce the topic and invite active participation in exploring this application of salutogenesis.

Speaker bio:

Marguerite Daniel

Marguerite is professor of development-related health promotion at the Department of Health Promotion and Development, University of Bergen, Norway. She has current research projects in Sub-Saharan Africa as well as with refugee integration in Norway. Marguerite is leader of the master's programme: Global Development Theory and Practice. Inspired by the project of one of her master's students, she has started to explore the links between permaculture and salutogenesis.

Laura Bouwman

Laura works at the Health and Society group of Wageningen university where she applies a salutogenic approach to study and enable healthful, sustainable food practices in everyday contexts of food system actors. In interdisciplinary teams, she aims to bridge gaps between outcomes of nutrition- and technology focused research and the everyday reality of producing, selecting, cooking and sharing food. These practices are intertwined with other activities and involve other people. Hence, the practical and social organisation of eating well for human and planetary health and wellbeing is not an easy task.

Preparation:

We would like to ask you to select your favorite plant and bring it to the webinar, this may be the plant itself or a (digital) picture.

To prepare for the webinar, you may take a walk in nature or explore the following resources:

- Mittelmark & Bauer (2022) Salutogenesis as a Theory, as an Orientation and as the Sense of coherence. https://doi.org/10.1007/978-3-030-79515-3
- What is permaculture? (2 minutes)
- Seven ways of thinking differently (6:38 minutes)
- Climate change: Do you have eco-anxiety? | BBC Ideas (4:23 minutes)