



Work2BeWell Monthly Newsletter

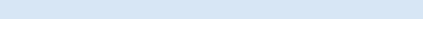
October 2025

As the leaves change and October brings cooler days, many teens are feeling the weight of something heavier than schoolwork or sports—eco-anxiety. News about climate change, natural disasters, and environmental challenges can stir up feelings of worry, stress, and even hopelessness about the future. If you've ever felt anxious about the planet, you're not alone.

How Are You #Working2BeWell?

"You are never too small to make a difference."

— Greta Thunberg
Swedish political activist

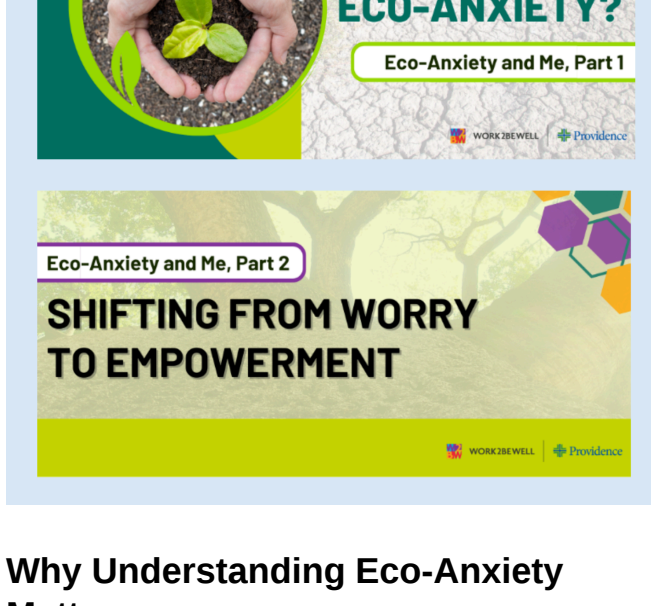


Greta Thunberg has become a global voice for young people who care about the planet. Her activism shows that teens aren't just the leaders of tomorrow—they're leading right now. She speaks up about climate change, organizes action, and inspires millions of young people to turn their anxiety into movement and hope.

Work2BeWell recognizes that eco-anxiety (the stress, fear, or worry teens feel about the environment) is real and growing. Like Greta, the program values teen voices and believes young people can make a difference. At the same time, Work2BeWell focuses on giving teens the tools they need to manage eco-anxiety, stay grounded, and build resilience so they can keep showing up for the causes that matter most to them.

Remember, even small steps, like recycling, planting a tree, or speaking up, can ease eco-anxiety because they remind you that your actions matter.

What You'll Need for October



Why Understanding Eco-Anxiety Matters

Eco-anxiety is more than just stress about the environment. It's the worry, fear, or sadness that comes from seeing how natural disasters, pollution, biodiversity loss, and climate change are affecting the world. For many teens, these feelings can feel overwhelming when problems seem so big.

That's why it's important to not only understand eco-anxiety but also to learn how to shift those feelings from worry into empowerment. When teens recognize what eco-anxiety is, they realize they're not alone and that their emotions are valid. From there, they can discover healthy ways to cope, connect with others, and take meaningful action.

Turning eco-anxiety into empowerment means:

- Building resilience instead of feeling stuck in fear.
- Finding community and hope instead of isolation.
- Taking small, realistic actions that prove every effort counts.

For teens, this shift matters because it protects mental health while also fueling the ability to create positive change—for themselves, their communities, and the planet. [Click Here to Access:](#)

- [W2BW Eco-Anxiety and Me, Part 1: What is Eco-Anxiety?](#)
- [W2BW Eco-Anxiety and Me, Part 2: Shifting from Worry to Empowerment](#)

Talk2BeWell Podcast - Tips & Tricks

Each T2BW episode opens the door to meaningful conversations amongst peers and amplifies teen voices and perspectives. Through open, honest conversations, we help students connect with one another and work towards breaking the stigma around mental health.

W2BW encourages you to check out our new podcast where Dr. Robin Henderson and four of our National Student Advisory Council teens, Srika (MA), Sara (MD), Olivia (OR), and Jose (GA), talk about heading Back to School and how it doesn't have to mean back to stress. We're breaking down the worries, sharing tips, and giving you practical tricks to make this year start off strong.

[Episode 151: Back to School Tips & Tricks](#)

Here are some more T2BW episodes dealing with being back at school and the anxiety that can come with it:

[Ep 128: Classroom Jitters - Understanding School Anxiety](#)

[Ep 53: Anxieties in School](#)

[Ep 100: School Anxiety vs. Social Anxiety](#)

And, here are some T2BW episodes in support of Eco-Anxiety related topics to check out as well:

[Ep 116: Climate Changes Impacting Mental Health](#)

[Ep 94: Climate Anxiety](#)

[Ep 85: Seasonal Depression](#)

Want to easily find episodes to accompany lesson plans and activities? Check out this ready to go list of all the [T2BW Episodes categorized by W2BW Curriculum!](#) This list is a great resource for Wellness Rooms!

From Our Chief Clinical Officer, Dr. Robin Henderson

On July 19, 2025, Future Climate Collective hosted Voices for the Future in Lake Oswego as part of PNW Climate Week. The gathering reflected the model we are working to build: an intergenerational community centered around climate. Teens, parents, educators, citizens, and climate professionals came together not only to share ideas but to listen, learn, and support one another in shaping a collective vision for the future.

The event opened with a Teen Climate Panel, where four youth leaders—Alexa Shum, Jorge Bautista, Jamie Hartmann, and Mason Klein—spoke candidly about their personal fears, hopes, and visions for the future. Moderated by Dr. Robin Henderson, CEO of Behavioral Health at Providence Oregon, their sincere reflections on climate anxiety and resilience reminded us why we continue to focus on elevating youth voices.

Adults in the community also took the stage. Lisa Hefler of the Lake Oswego Sustainability Advisory Board highlighted the many ways teens are already shaping Lake Oswego's climate action while a panel of climate professionals—including Andrew Schwartz, Pallavi Pande, Keith Crossland, Nasser Mohsin, Willow Hill, and Joshua Basofin—provided practical pathways for turning concern into meaningful action. And we also heard from community partners supporting teens including Sarah Kirby, Oregon Educators for Climate Education, Breck Foster, Subject to Climate, and Stephanie Wagner, Lake Oswego Sustainability Network.

The afternoon closed with a community hour, where conversations moved from the stage into circles of connection. Teens and adults met face-to-face, trading ideas, advice, and encouragement. The energy was hopeful, reminding us of what we are most passionate about at FCC.



Source: [Future Climate Collective Newsletter, August 2025](#)

Partnership Update

Stronger Minds, Stronger Voices, Stronger Planet

Work2BeWell and Future Climate Collective share a common mission: supporting teens as they navigate the challenges of today while building a healthier, more hopeful future.

- **Future Climate Collective** empowers young people to speak up, organize, and take action on climate change. Their work channels eco-anxiety into advocacy, giving teens a platform to make their voices heard.
- **Work2BeWell** provides the mental health tools teens need to manage stress, anxiety, and overwhelming feelings, including the unique pressures that come with caring deeply about the environment.

Together, these organizations create a powerful balance. Future Climate Collective focuses on action and advocacy, while Work2BeWell emphasizes mental wellness and resilience. This partnership shows teens that caring for the planet and caring for their own well-being go hand in hand.

Future Climate Collective supports young people in building climate literacy, emotional resilience, and community—so they can face the future with courage and lead with intention. To learn more, visit futureclimatecollective.org.



PhotoSource: [Future Climate Collective LinkedIn](#)

A Word from NSAC (National Student Advisory Council)

The Effects of Eco-Anxiety on Indonesian Youth

By Olivia Han



Eco-anxiety is defined as "chronic fear of environmental doom" and it has never been more important than now. With climate change being prevalent now more than ever, it's crucial to examine the effects eco-anxiety has on citizens in countries severely affected by environmental changes. One such country is Indonesia; Indonesia has faced devastating impacts due to climate change including an increase in hurricanes, floods, and earthquakes. This creates an eminent sense of foreboding for the future and uncertainty surrounding the stability of jobs, home lives, and the physical land within Indonesia's borders. These worries can be seriously detrimental, especially to Indonesia's youth. Mental health is a challenge that many young adolescents struggle with; the World Health Organization reported 1 in 7 teens will experience a mental health disorder which showcases the prevalence of this topic. Because of climate change, the mental wellness of children and teens in Indonesia has worsened with eco-anxiety being the root cause.

A study of Tirta, Pekalongan, Indonesia found that "nearly 93% of children frequently exposed to such floods exhibited moderate anxiety, and approximately 29% displayed mild depression." Tirta, which experiences frequent flooding, can be seen as an example of the impacts of climate change on rural communities who rely on farming and agriculture for livelihood and economic development. The risk of eco-anxiety heightens within these types of communities as there are often less technologically advanced systems in place to deal with floods, droughts, and storms. A byproduct of this is other mental health disorders, such as depression and PTSD. A study by Indikator and Yayasan Indonesia Cerah stated that 82% of Indonesian youth were concerned about climate change and the environmental crisis in addition to 35% feeling concerned about how these issues will affect their health.

It is necessary to understand what eco-anxiety is and its existence in the world today. Indonesia is one of many countries under the threat of the global environmental crisis; educating and informing about this topic will create a path to lessening eco-anxiety in the youth globally.

To learn more about this topic please read "Breaking the silence: unravelling the intersection of climate change and youth mental health in Indonesia" (Kalligis et al., 2024). <https://mjui.ac.id/journal/index.php/mjui/article/view/7147/2452>

Olivia Han is a junior at Sunset High School in Beaverton, Oregon, and is one of the Education Team Co-Leads for Work2BeWell. Her passion is not limited to just mental health but also issues of systemic inequality in society.

Testimonials

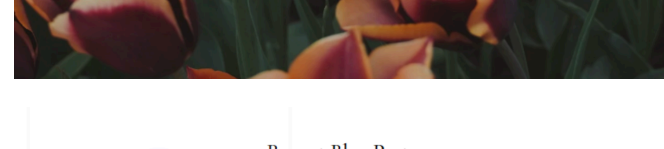
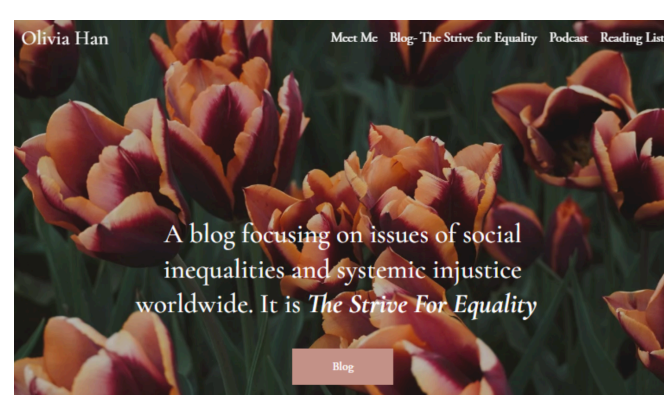


Olivia Han created a blog called "[The Strive For Equality](#)" to write about timely topics regarding injustice in many subjects including: global economics, climate change, infrastructure in developing nations, and voter disenfranchisement in the United States.

"I love having a space that is uniquely mine to share my voice, words, and thoughts. These issues are prevalent, timely, and real; I hope to reach even one person and give them the motivation to learn more- to take action."

She participates in multiple endeavors to promote her goals of advocacy, equality, and inclusion. Some of her most recent work includes an internship working with a nonprofit foundation in Nigeria to support small business startups and community leaders in Bauchi; work with the League of Women Voters of Oregon to increase youth voting awareness; and developing an app for voter education. Please [check out her blog](#), get curious, and get involved!

"I am deeply passionate about Work2BeWell as I know what it's like to struggle with mental health issues. Having anxiety, depression, and grief, I was drawn to this organization because I saw the impact Work2BeWell has had on students. I value my time with everyone on the W2BW team and hope to reach even more teens in the future. I believe that Work2BeWell is a special place and love how devoted everyone is to the mission of mental health resource access. It holds a place in my heart and I will work to continue making changes for the better with Work2BeWell."



W2BW Resource

Review Survey

Have you participated in one of our modules? If you answered **YES**, please consider taking our W2BW Module Survey!

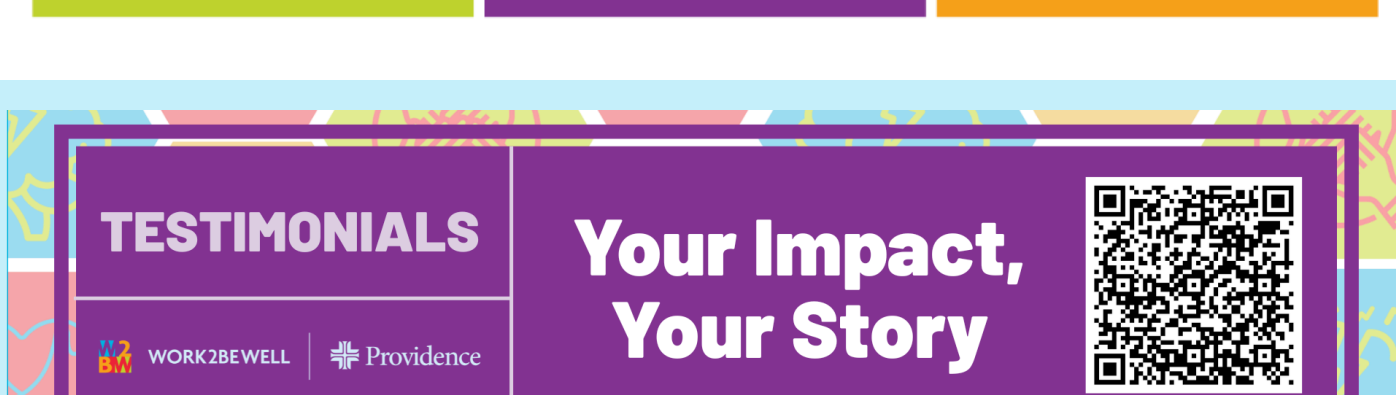
[The survey](#) should only take a few minutes, and your honest feedback is greatly appreciated.

WE VALUE YOUR OPINION!



MARK YOUR CALENDAR!

Important Dates	Details	Contact
October 11th Seattle, WA	Providence and W2BW are doing a gameday takeover at the Sounders Game! Stop by our table to say hi and grab some fun swag!	W2BW Support Support@Work2BeWell.org
October 13th Omaha, NE	Nebraska State Student Council Conference - NSAC Student Kylie	W2BW Support Support@Work2BeWell.org
October 16th Virtual - Zoom	National Club Network Meet-Up! Club leaders check your emails or GroupMe for the invite.	W2BW Support Support@Work2BeWell.org
October 25th Curtis HS - Tacoma, WA	AWSL - Association of Washington Student Leaders State Conference - NSAC Students Mason and Vivian	W2BW Support Support@Work2BeWell.org
November 2-3rd Seaside, OR	Oregon Association of Student Councils State Conference - NSAC Student Olivia	W2BW Support Support@Work2BeWell.org



How are you using W2BW resources to make a difference in your school or community? Have they helped you start conversations, plan events, or bring people together around mental health? We'd love to hear how you're making an impact!

[Share your story with us](#) and be featured in an upcoming newsletter or on social media!



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