ECOWELLNESS RECHARGE

WHAT WE LEARNED FROM WP2

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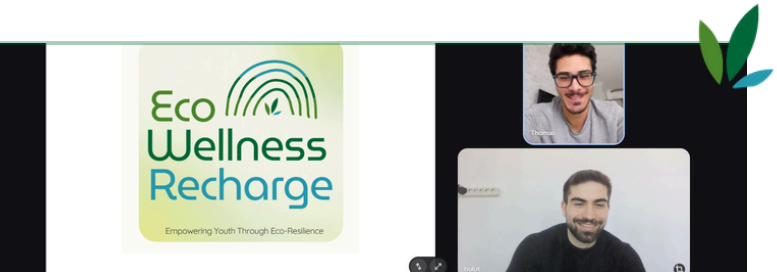


Eco-anxiety Literacy (EAL) review

Work Package 2 has officially come to a close — and it delivered exactly what it set out to do: a solid evidence base for everything Greenwell builds from here.

What we did:

- In-depth interviews with 10 youth workers in each partner country (30 in total), exploring how eco-anxiety shows up in their daily practice and what support they need.
- Two tailored assessment tools — one for young people and one for youth workers — measuring both eco-anxiety levels and literacy about it.
- Data collection from March to June 2026, reaching 283 young people and 131 youth workers across the three countries.
- Three national reports (Germany, Italy, Serbia) and a final transnational report synthesising all findings.



What We Learned: Key Findings

Eco-anxiety affects many young people globally, with notable rates (11% in Italy and Serbia, 33% in Germany's English-language stream).

Emotional responses to environmental loss are strongest in places young people feel attached to, especially for young migrants.

There is a significant emotion-to-agency gap; many young people doubt their actions will make a difference (73.9% in Serbia and 84.1% in Germany).

Knowledge gaps exist in managing eco-anxiety, with a need for education on calming strategies and recognizing when to seek help.

A full transnational report will be available on the project website soon.

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Eco Wellness Recharge

Across all three countries:

The youth worker interviews converged on the same wish list:

- ready-to-run workshop plans,
- referral and support checklists,
- coping and self-regulation techniques,
- culturally adapted and multilingual materials,
- and attention to youth workers' own self-care.

COUNTRY INSIGHTS

Italian data revealed high awareness of eco-anxiety among youth, with 11% experiencing elevated levels, yet only 15% knew calming strategies and 20% where to find support. Youth workers requested structured coping methods.

In Serbia, grief over environmental loss was significant, with 73.9% feeling their actions wouldn't make a difference. However, over half knew calming strategies (53.4%) and support options (46.6%).

German assessments, available in English and German, showed that 33% of English respondents had elevated eco-anxiety, with 84.1% doubting individual impact. This group had the highest practical knowledge (61.9% knew calming strategies).
Youth workers emphasized the need for multilingual, culturally sensitive resources, particularly for those with migration backgrounds.

NEXT STEP:
Design of the Greenwell Educational Program

The educational framework involves partners selecting a methodology for the Greenwell program, based on assessments and recommendations, ensuring it fits all national contexts.

WP3 focuses on co-creating a resource book on eco-anxiety literacy, with partners sharing ideas and practices through collaborative platforms and meetings. The content will be validated by 15 individuals from target groups, ensuring it meets expected outcomes.

Feedback will finalize the resource book, with translations in three languages completed for wider accessibility.



Contact Us

@d_k_g_n

http:// www.vmdo.de/

http:// www.lasco.io/

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