

# Biology Seminar



Western  
UNIVERSITY · CANADA

12:30 - 1:30 pm  
Friday, February 12, 2021  
Seminar to be held via ZOOM



**Britt Wray**

Fellow of Human and Planetary Health  
at Stanford University and the London  
School of Hygiene and Tropical Medicine

## **Too Hot to Handle: the difficult emotions of living in climate crisis and what coping can look like**

In this seminar, Britt Wray PhD will discuss what she has learned over the last 3 years while writing a book about the psychological and emotional toll of the climate crisis (Generation Dread: How to Harness Anxiety, Make Meaning, and Take Action in the Face of Ecological Danger, Knopf 2022). In her new role at Stanford & LSHTM, she is researching tools and interventions to protect the mental health of young people in the climate crisis, and will share starting points for thinking about how communities and individuals can take part in mental health innovation activities that will increase their own resilience.

For more info about Dr. Wray's writing, sign up to her free weekly newsletter at [gendread.substack.com](https://gendread.substack.com).

