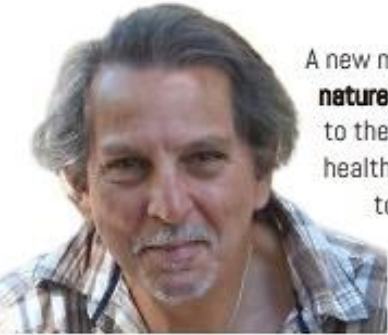


New mental health issues emerge as young people lose touch with the Earth



A new mental health issue called **nature-deficit disorder** has been added to the already long list of mental health issues facing young people today. Scientists warn that our dislocation from nature is resulting in **biophobia** (fear of nature) where fears and anxiety of the natural world

are triggered by seemingly trivial circumstances such as a strong wind, or a flock of noisy birds.

The tragedy, says geoscientist and eco-philosopher **Glenn Albrecht** in his new book **Earth Emotions**, is that as humans become more and more comfortable with artificial intelligence and robotic companions, each subsequent generation separates further from nature, widening the gulf so that an impoverished nature becomes accepted as the norm. Little wonder then, that children grow up with no understanding or empathy for the natural world, nor their place in it. He says this is why education needs urgently to equip school children with knowledge of the **science of symbiosis**, making them the first generation to

walk out of the Anthropocene (Age of man) epoch and into the Symbiocene (the interconnectedness of life) epoch.

Social scientists believe that as humans become involved in a Restoration of Earth project, healing damaged places, and restoring vitality and vigour to the Earth, they also heal themselves and many of the mental health issues that plague society today.

<https://www.childrenandnature.org/2017/11/15/biophobia-on-raising-a-generation-of-nature-phobic-kids/>

- With populations of mammals, birds, fish, reptiles and amphibians having declined by 60% in 40 years, the World Wildlife Fund has issued this appeal: Given the interconnectivity between the health of nature, the well-being of people and the future of our planet, World Wildlife Fund (WWF) urges the global community to unite to reverse the trend of biodiversity loss.

<https://www.worldwildlife.org/press-releases/wwf-report-reveals-staggering-extent-of-human-impact-on-planet>

- Outdoor learning in nature boosts a child's development according to a UK report. The report states that with so much focus on academic attainment, teachers are under pressure to stay in the classroom. However this impacts negatively in the long run on a child's physical and emotional development.

<https://www.bbc.com/news/science-environment-36795912>

