

ARE YOU CONCERNED ABOUT CLIMATE CHANGE?

Are you worried about the impacts of human interaction with Nature?

Do you feel overwhelmed by your responsibility towards the planet?

Do these concerns make you feel sad, powerless, or hopeless?

If you said **yes** to any of these,
you may be experiencing **eco-anxiety**.

You are not alone.

This growing phenomenon has important implications for mental health, and we want to understand this experience better.

Tell us

“What does eco-anxiety mean to me?”

in a **3-minute video** and be in with a chance to win an eco-responsible prize of up to \$500.

**SUBMISSIONS OPEN
UNTIL JUNE 27, 2022**

**OPEN TO YOUTH (UNDER 25) &
TO STUDENTS/ADULTS (25+)**

**Submissions and information at
contact@imaginestories.space**

Find out more at

<https://imaginestories.space>

Organized by



ECO-VISIONS

With support from



COMPETITION DETAILS

What is eco-anxiety?

Eco-anxiety refers to a chronic state of worry and anxiety regarding the consequences of climate change on the lives of future generations and on the planet itself. This anxious state is experienced with a mix of frustration and despair. It can trigger depression or other significant psychological disorders.

Eco-anxiety can take multiple forms, from a focused source of worry (e.g. water, wildlife) to a broader existential anxiety about the future of humankind and the ways we value life and the Earth.

Okay, so what shall I say about eco-anxiety?

We want to know what eco-anxiety means to you personally.

You can share your personal concerns about the planet at large or about the state of Nature in your neighbourhood.

You can tell us about your experience of supporting someone close to you whose life is affected by eco-anxiety.

Your story may speak of loss, sadness, or fear. Maybe your story of eco-anxiety carries seeds of hope behind the worries. Or maybe your worries fuel anger and determination to act.

What is the competition about?

The competition aims to engage the public at large, from young people to adults, to better understand and raise awareness about eco-anxiety.

A bilingual jury will evaluate the videos submitted based on the following criteria:

- Relevance to the theme of the competition
- Clarity of the narrative
- Creativity of the video
- An engaging presentation
- Respect of the guidelines

Prizes will be awarded for each category. The winning videos will be promoted across local and regional press as well as specialized networks in eco-psychology and social change.

What are the categories?

Language of submission	Age category	Prizes*
English	Youth under 25	First prize: \$500 Runner-up: \$300 Second runner-up: \$150
English	Students/Adults 25+	First prize: \$500 Runner-up: \$300 Second runner-up: \$150
Français	Jeunes (moins de 25 ans)	Premier prix: 500\$ Finaliste: 300\$ Second finaliste: 150\$
Français	Étudiant.e.s/Adultes (25 ans +)	Premier prix: 500\$ Finaliste: 300\$ Second finaliste: 150\$

*Prizes will take the form of gift cards from a range of eco-responsible stores and companies.

I'm interested. How should I prepare my video?

- Your video must last between 2 and 3 minutes.
- It should clearly explain and illustrate what eco-anxiety means to you personally. Skip broad generalities, explore your unique experience of being eco-anxious or of supporting a friend or a family member who is eco-anxious.
- Your story can use voice-over narration, written words on screen, or a combination of the two. You can use any form of animation you like.
- If you use images, sounds or music, make sure you have the rights to use them (e.g. your own creation or works copyrighted under Creative Commons) and that you give credit to authors.

Sounds good! Where do I submit my video?

All submissions must be emailed to contact@imaginestories.space. Submit either your video as an MP4 file or upload your video as unlisted* on your YouTube channel and email us the link. Include your full name, contact email address, language and age category, and optionally a title for your video.

*We ask that you wait until the competition results are released to make your video public.

[Check out our website for inspiration!](#)