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**Sent:** Monday, October 31, 2022 2:36 PM

**Cc:** Paul Belanger <PEBELANGER@glassdesignresources.com>

**Subject:** Looking Ahead UPDATE for Final Beyond GDP OLLI Session on Wednesday -- Please Review Before Class!

Greetings, Beyond GDP class and OLLI staff,

Looking ahead UPDATE for our final session on Wednesday:

**FIRST HOUR**

**Highlights from Week 7:** Colorado County Health Rankings and the Social Progress Imperative; and Planning to Thrive

**Guest presenter John Lodenkamper**, Quaker Institute for the Future Research Group

**“Toward a Life-Centered Economy: From the Rule of Money to the Rewards of Stewardship”**



*This life-centered economic system emphasizes “quality of life” over “quantity of stuff.” It implies a more thoughtful use of our time for the things that are truly important, such as, fulfillment of our individual potentials, and our relationships with family, friends and our greater community.*

*The Quaker Institute for the Future (QIF) [[www.quakerinstitute.org](http://www.quakerinstitute.org)] seeks to generate systematic insight, knowledge, and wisdom that can inform public policy and enable us*

to treat all humans, all communities of life, and the whole Earth as manifestations of the Divine. –from the book\* co-authored by our speaker and the title of his presentation.

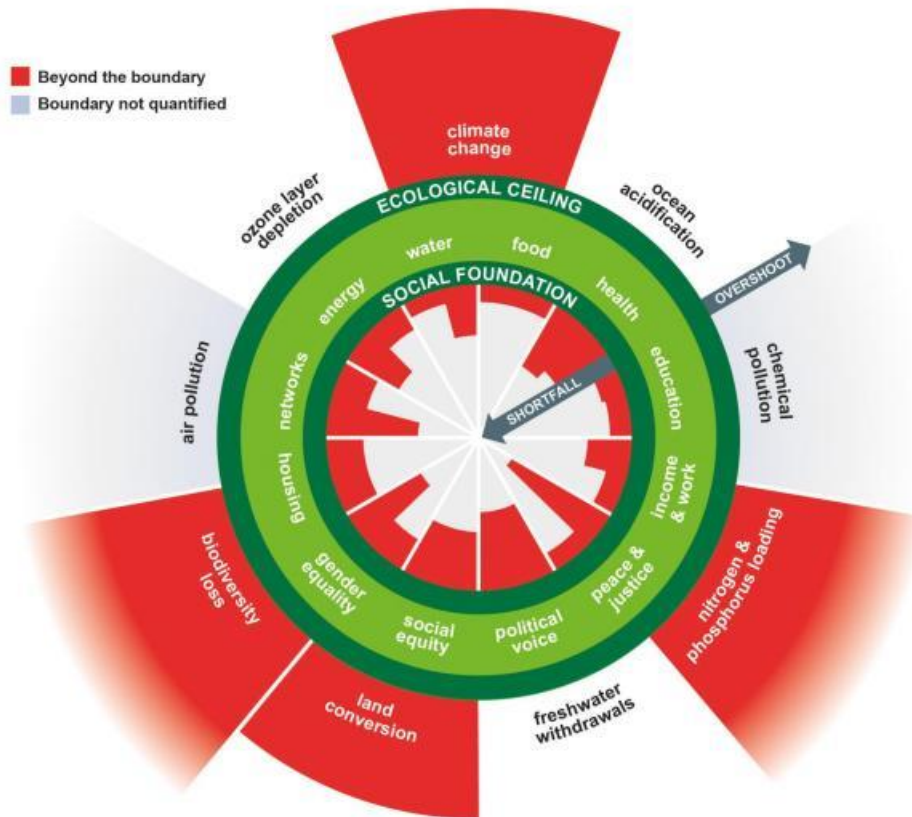
\* *TOWARD A LIFE-CENTERED ECONOMY: From the Rule of Money to the Rewards of Stewardship* is the 12<sup>th</sup> and most recent QIF Focus Book. It is available from QIF for \$15.00 postpaid via <https://quakerinstitute.org/books/#HTP>.

## David--A brief look back at the Ongoing Search for Wellbeing

### SECOND HOUR:

Introduction:

In our OLLI course “Beyond GDP” we’ve discussed GDP, GPI, SDGs and in particular focused on shortfalls and overshoots as exemplified in the following diagram.



We've tried to address the shortfalls and overshoots. Among the four overshoots we've primarily focused on Climate Change. That's not to say Biodiversity loss, Land Conversion and Nitrogen/Phosphorus loading aren't of concern but not within our sphere of being able to address due to our lack of expertise and time involved to address everything. However, the elephant in the room for many of us is of great concern and considered by many an existential threat. Climate change was once a bipartisan concern that was since politicized but even that is changing among conservatives (see <https://yaleclimateconnections.org/2021/11/climate-conscious-conservatives-try-to-make-their-voices-heard/> and <https://www.niskanencenter.org/policy/climate/>) – Now, what to do about it.

In the meantime, with all the news there's a lot of stress, anxiety expressed as Climate Grief (as well as the fact that we have Covid grief, Ukraine grief, political grief, etc.). Dr. Jennifer Atkinson, among others past and present, discuss these issues and how best to address these concerns and stresses. In the past week we have been reviewing Dr. Atkinson's 6-part climate grief seminars and think it worthwhile to leave you with a synopsis of these seminars in dealing with our climate, political, war, covid anxieties and how best to deal with them:

### **A brief introduction to “Climate grief: moving from paralysis to action” AND discussion of topics and issues from the class**



**Dr. Jennifer Atkinson**, Associate Professor of environmental humanities at the University of Washington, Bothell. Her seminars on [Eco-Grief & Climate Anxiety](#) have been featured in many news outlets. She is currently working on a book titled *An Existential Toolkit for the Climate Crisis*, which offers strategies to help young people navigate the emotional toll of climate breakdown. She writes:

***The age of climate crisis is upon us, and grief and anxiety are on the rise. This podcast explores the emotional burden of climate change, and why despair***

***leaves so many people unable to respond to our existential threat. Overcoming that paralysis is the first step in moving to action, and yet official climate strategies rarely address the emotional toll of climate grief and eco anxiety.***

During class, we will listen to and discuss Episode 1 (“Facing Down Climate Grief”) of her 6-episode podcast, [Facing It](#). Like Kate Raworth in her riveting TEDx talk of 2014, Atkinson weaves together in this initial Episode her personal and professional journey toward engaging the issue of "climate grief." She begins the episode with growing up in natural surroundings in California and shares her experience of climate grief as she watched from her current home near Seattle the extreme devastation from wildfires in the region of her childhood home.

Before class, we highly recommend listening to a brief podcast (less than 9 minutes) with Canadian public health researcher Ashlee Cunsolo: [Is climate change causing us to experience 'ecological grief'?](#)



[Ashlee Cunsolo](#) is Founding Dean, School of Arctic & Subarctic Studies, Labrador Campus of Memorial University, and Founding member of Women for Nature. She writes:

***Ecological grief is the grief, pain, sadness or suffering that people identify as experiencing when they lose a beloved ecosystem, species or place. It's grief that situates us within the environments and within the ecosystems in which we live and which we need for our overall health, our wellness, our cultural identities and our overall mental health.***

Two participants provided input this past weekend for discussion that we will take up next. We will also take time for comments from other participants and closing remarks from Paul and David.

Best regards,

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