



Creative by Nature and Lefika La Phodiso Introduce an Online Programme Exploring Eco-Anxiety Through Creativity and Connection

Creative by Nature, in collaboration with Lefika La Phodiso, is introducing *Exploring Eco Anxiety through the Elemental and Creative — Module A*, a five-part online programme that supports people living with eco-anxiety and eco-grief through reflection, creativity, and reconnection with the natural world.

Designed as a warm, grounded, and non-clinical experience, the programme offers an alternative to purely academic conversations about climate distress. Instead, participants are invited to explore nature and her elements through a series of thought-provoking creative activities inspired by a range of therapeutic modalities and framed through Community Art Counselling practices.

Structured across five online sessions, the journey is intentionally manageable and practical. Each session creates space for participants to acknowledge eco-anxiety as a valid response, engage creatively with what words alone may not fully express, and reconnect with Mother Nature's wisdom, innovation, and power in ways that support healing, meaning-making, and hope.

The initiative emerged from a deeply personal story and has grown into a broader call for collective care and collaboration. At its heart is the understanding that eco-anxiety is a valid response to the world we are living in, and that creativity can help people process what words alone often cannot. By creating space for shared reflection, the programme aims to transform isolation into connection, meaning, and gentle action.

With its accessible online format, *Exploring Eco Anxiety through the Elemental and Creative — Module A* makes it possible for participants to join from anywhere, offering a practical and supportive structure for those seeking new ways to engage with climate emotions.

This collaboration between Creative by Nature and Lefika La Phodiso reflects a shared commitment to healing-centred, community-based responses to the emotional realities of environmental change.

Eco-anxiety deserves care, creativity, and community 🌿 ✨

Join us for a gentle online journey of reflection and exploration.

Starts 25 July 2026 | 9:30–11:00 am

Read the full story and book your spot via the links:

Info here: <https://lefikalaphodiso.co.za/news/a-creative-online-space-to-explore-eco-anxiety-with-care-reflection-and-community/>

Purchase here: <https://lefikalaphodiso.co.za/product/exploring-eco-anxiety-through-the-elemental-and-creative-module-a/>

For more information about the programme, upcoming dates, or participation details, please contact:

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