

Faculty of Medical Sciences'

Unit for Educational Research, Development & Practice

Seminar Series

The impact of the Anthropocene on human health, and what to do about it

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Living beings share an inner instrument of communication which we could call “psyche”, or “soul”. Sharing the same surroundings – earth - we are inter-dependent social beings, and we are affected deeply by the experiences of other living beings. In this presentation my starting point is the consideration how lifestyle and psyche connect. At first glance, the connections, seen from a mind-body-soul perspective, seem quite obvious: they consist of a balanced work-life-flow, healthy attitudes concerning body and mind, an optimistic world view, social relationships – these elements seem to be ingredients of a good life. Looking a bit further, to achieve them won't be as easy, if one tries to scrutinize the backdrop of our lifestyle construction. In the so called “anthropocene”, everything has been subjected to human exploitation, including human and non human living beings. My point now is that the maltreatment of other living beings is definitely affecting ourselves, even if subconsciously. The increase in psychological imbalance, like depression and burnout, especially in wealthy regions, may be an indicator of underlying problems.

**1-2pm, Wednesday 11 September 2018
seminar room 1.43, Ridley building 2**

[Register a place here](#) or email
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