

# Thinking Climate, Feeling Nature: Psycho-Cognitive Dynamics

*Friday, September 12, 2025 9:00 AM (1h 30m)*

Climate change represents not only an environmental crisis but also a psychological and cognitive challenge. The interplay between environmental, psychological, and neurocognitive factors makes information processing complex, interfering with affective engagement, planning, and the adoption of sustainable behaviors. Moreover, cognitive biases and intense emotional responses—such as eco-anxiety—suggest a difficulty in adaptation that calls for specific psycho-cognitive resources.

This symposium will explore, from an interdisciplinary perspective, the processing of environmental variables in the context of climate change, with a particular focus on the restorative potential of nature as a resource for emotional regulation and well-being promotion.

A theoretical framework will be proposed that highlights key features of the current climate crisis, particularly its temporal dimension and the role of cognition in mediating emotional involvement and behavioral strategies implementation. From this perspective, interaction with natural environments will be considered a potential tool for psycho-cognitive regulation.

Experimental contributions will investigate the restorative role of nature and biophilic design in everyday and workplace settings. Further presentations will analyze the effects of nature-based solutions in fostering urban resilience and psychological well-being, through participatory urban design and environmental education initiatives aimed at strengthening environmental awareness in young populations—with implications for adaptive capacity development in future generations. Finally, empirical data will be presented on the effects of natural environments on psychological constructs such as sense of self and agency.

The symposium aims to outline an integrated framework of the psycho-cognitive dynamics underlying climate awareness, proposing nature interaction as a path to fostering both individual and collective resilience.

**If you're submitting a symposium talk, what's the symposium title?**

**If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?**

No

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**Session Classification:** Thinking Climate, Feeling Nature: Psycho-Cognitive Dynamics