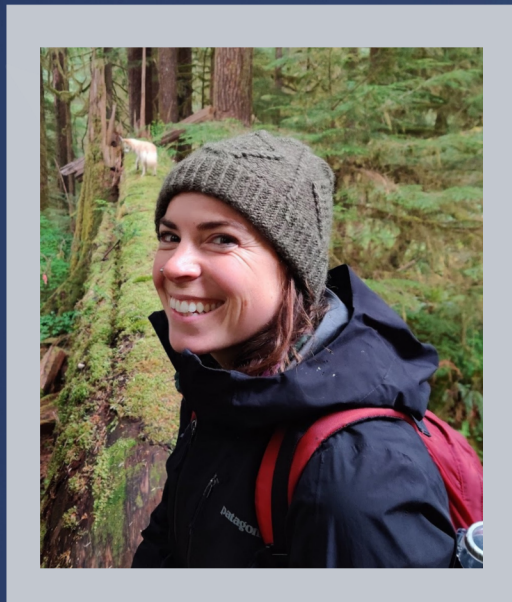




University  
of Victoria

Centre for Studies in  
Religion and Society

# SCHOLARS IN THE SQUARE



Meg Richey



## Ecospirituality in Gen Z

What is it like to be a young person facing the global ecological crisis? How are members of Generation Z experiencing their mental health and their relationships with nature in a rapidly shifting world? In collaboration with members of Gen Z, Meg Richey's research explores young adults' physical, emotional, and spiritual relationships with nature at this pivotal moment in history. Her work sheds light on the inner experiences of a generation at a crossroads, as well as the paths these individuals believe will support personal and planetary health.

**Meg Richey** is a PhD candidate in Interdisciplinary Studies at UVic, working within the School of Environmental Studies and the School of Exercise Science, Physical and Health Education. She is also a mental health counsellor with a clinical focus in eco-psychology.

1 February 2024  
5:00–6:00pm PT

JOIN US ONLINE

[uvic.ca/csrs/events](https://uvic.ca/csrs/events)