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## From Climate Stress to Inner Strength: Self-Healing for a Sustainable Future

**Amutha Kanthasamy**

*Green Heals Pty Ltd, Australia*

### Abstract

As the global climate crisis intensifies, so does the invisible weight it places on human health. Beyond environmental pollution and resource depletion lies a silent epidemic—chronic stress, emotional burnout, and mental fatigue triggered by ecological uncertainty and fast-paced living. In this talk, Amutha Kanthasamy introduces a powerful and often overlooked dimension of sustainability: the human nervous system.

Drawing on two decades of experience in healthcare and mind-body healing, Amutha presents the SelfHeal Sequence™—a practical framework that empowers individuals to regulate stress, restore physiological balance, and unlock the body's innate ability to heal. Through science-backed strategies and transformative client stories, she reveals how chronic conditions often mirror unresolved internal tension and how emotional resilience is foundational not only for personal well-being but for global sustainability.

This keynote bridges environmental sustainability with personal transformation. Attendees will walk away with tools to reset their inner climate, reduce stress-related symptoms, and become stewards of both inner and outer healing. Because a sustainable future begins within.

**Keywords:** Self-healing, stress management, climate stress, emotional resilience, sustainable health, mind-body medicine, nervous system regulation, chronic illness recovery, personal transformation, health and sustainability, environmental psychology, inner climate, psychosomatic healing, holistic wellness, Heal for Success™