

# Climate Change and Mental Well-being

## a Global Concern



by Jade Lambeth

As we approach Earth Day on 22nd April, I have been reflecting on recent discussions surrounding climate change, and feel that it's crucial to shine a light on a topic that's often overlooked: the impact of climate change on our mental well-being.

Beyond the headlines about rising temperatures and extreme weather events lies a less visible consequence that's affecting us internally. Whether it's the anxiety stemming from environmental uncertainty or the distress caused by witnessing the destruction of our natural world, the impact and emotional weight is profound. It's not just about saving the polar bears anymore; it's about safeguarding our own mental well-being.

So, what's the message I want to emphasise here?

*I think it is clear that it's time to recognise that climate change isn't just an environmental issue – it's a human one, too.*

Finding a balance between acknowledging the severity of the situation and nurturing hope for the future, I feel, is essential for both individuals and society as a whole.

So, as we strive for sustainability and resilience in the face of climate challenges, let's not forget to prioritise our mental health and well-being, as well.

