

The Psychological Effects of Climate Change Anxiety

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Abstract. This study examines the growing phenomenon of climate change anxiety and its psychological effects. By surveying individuals from various backgrounds, the research identifies common anxiety triggers related to climate change. The findings underscore the need for mental health strategies to address this emerging issue, promoting resilience and psychological well-being.

Keywords: climate change, anxiety, mental health strategies, resilience, psychological well-being

Introduction

Climate change is not only an environmental crisis but also a psychological one, as increasing awareness leads to anxiety and distress in many individuals. This study investigates the psychological effects of climate change anxiety, a condition characterized by chronic worry about environmental futures. Surveys conducted across diverse populations reveal common triggers, such as media reports and personal experiences with extreme weather events. The research highlights the importance of developing mental health strategies to help individuals cope with these anxieties, promoting resilience and well-being. Addressing climate change anxiety is vital for fostering a mentally healthy society capable of confronting environmental challenges with optimism and determination.

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References

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