

Understanding the Psychological Impact of Climate Change Anxiety

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Abstract. This study explores the psychological effects of climate change anxiety on individuals and communities. By examining the emotional and cognitive responses to climate-related threats, the research identifies key factors that contribute to anxiety and stress. The findings emphasize the importance of addressing climate change anxiety through mental health interventions and public awareness campaigns. These insights are crucial for mental health professionals and policymakers working to mitigate the psychological impact of climate change.

Keywords: Climate Change Anxiety, Psychological Impact, Mental Health Interventions, Public Awareness, Stress and Resilience

Introduction

Climate change is not only an environmental challenge but also a psychological one, as it induces anxiety and stress among individuals and communities. This article investigates the psychological impact of climate change anxiety, focusing on the emotional and cognitive responses to perceived threats. By analyzing various factors that contribute to climate-related anxiety, the research highlights the need for targeted mental health interventions and public awareness efforts. These findings underscore the importance of addressing climate change anxiety to enhance individual and community resilience. Mental health professionals and policymakers must work together to develop strategies that mitigate the psychological effects of climate change.

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References

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