

·**Use energy-efficient products:** This delivers number of environmental benefits, notably reducing Green House gas emissions.

·**Stop using single-use plastics:** Plastics are non-biodegradable. It pollutes both land and water thereby threatening wildlife and emitting toxins into the soil and ocean. Plastic also contributes to global warming. Burning plastics in incinerators also releases climate-wrecking gases and toxic air pollution.

·**Practice Rainwater harvesting:** This helps to eradicate water scarcity and has long term benefits for our future.



·**You also can help by planting trees:** Trees help restore the fertility of soil thereby fighting soil erosion. It also helps recharge underground water and prevents transport of chemicals into water streams.

·**Form Eco-clubs:** at neighbourhood, schools, colleges and workplace.

·Indulge in energy: Adopting conservation methods on a day-to-day basis such as switching-off lights and fans when not in use, reducing the wastage of tap water, etc.

·Follow the 5R's of conservation : Reduce, Reuse, Recycle, Restore and Replenish.

·Adhere to environmental-friendly climate policies of government.

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More and more greener and cleaner space will help people maintain a better mental health and help to cope climate change.

Be a champion !

Get involved !



## Climate Change & Mental Health: Ways to cope



Does the changing climatic conditions worry you?  
Contact the National Psychosocial No. 080-46110007 & seek help

## WHAT IS CLIMATE CHANGE?

The Framework Convention on Climate Change (UNFCCC), defines climate change as "a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods. The UNFCCC thus makes a distinction between climate change attributable to human activities altering the atmospheric composition, and climate variability attributable to natural causes"

Though there is no apparent direct causal relationship between climate change and mental health, there is growing evidence that climatic threats like acute (eg: floods, wildfires), subacute (eg: protracted heat stress) and chronic (eg: drought) resulting in mental health risk.

Adverse climatic conditions leads to loss of loved ones, loss of livelihood, financial trouble and serious ailments. During these testing times, building resiliency becomes vital to combat adversity, trauma, tragedy and threats.

## MENTAL HEALTH ISSUES DUE TO CLIMATE CHANGE:

- 1.Stress
- 2.Depression
- 3.Anxiety
- 4.Increased aggression.
- 5.Post-traumatic stress disorder (PTSD).
- 6.Mood disorder.
- 7.And anything that causes disruption in one's day-to-day life.

## BUILDING RESILIENCE:

·Resilience is the capacity of an individual to adapt to challenging circumstances, while maintaining a stable mental well-being.

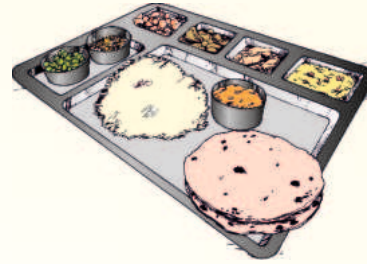
·Resilience involves behaviours, thoughts, and actions that anyone can learn and develop. It can be achieved at both individual and community level.

## THINGS YOU CAN DO TO TAKE CARE OF YOUR MENTAL HEALTH:

### At individual level:

·**Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health.

**Eat healthy and stay hydrated.** A balanced diet and plenty of water (3-4 litres/day) can improve your energy and focus throughout the day. Also, avoid beverages containing caffeine and soft drinks.



·**Try a relaxing activity.** Explore relaxation techniques or online wellness programs which may have yoga, meditation, muscle relaxation and/or breathing exercises.

·**Write your feelings:** Maintain a diary for writing your day-to-day activities and how you are feeling at the moment. Read it to remind yourself daily of things you are grateful for and how you have overcome emotional burden.

·**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "NO" to new tasks if you start to feel like you are taking on too much.

·**Stay connected.** Reach out to your friends or family who can provide emotional support and practical help. Don't shy away to ask for help.



**Reach out to a mental health professional:** If your symptoms are increasing and when you are not able to manage then reach out to a mental health professional.

### AT COMMUNITY LEVEL

·**Use eco-friendly modes of transportation:** Riding a bicycle can help you exercise while decreasing pollution at same time.

