

BACKGROUND MATERIALS

PLANETARY HEALTH
ACADEMY

Lecture 2 - Planetary Health Dimensions

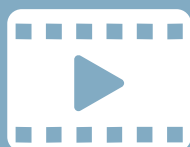
SUGGESTED MATERIALS



Mental Health and our Changing Climate

A comprehensive overview of mental health and climate change by the American Psychological Association - we recommend starting with the executive summary.

tiny.cc/CC_MentalHealth



TED Talk 'How climate change affects your mental health'

A short introduction on the connections of mental health and climate change by Britt Wray

youtu.be/eUI2YkBTpNY

DISCUSSION QUESTIONS

- What was most interesting/inspiring for you in the lecture?
- What brought up questions?
- Were these planetary health dimensions new to you?
- Which of these dimensions do you experience most in your daily life?



Did you know?

Psychologists for Future offer helpful materials for committed people and activists. This includes webinars, workshops, lectures handouts, tips & links on topics such as resilience, self-care, mindfulness, coaching and dealing with conflicts.

Check out their website: www.psychologistsforfuture.org/en/support-for-committed-people/



Disclaimer

Many of these materials are about mental health in the face of climate change. If you or someone you know shows depressive symptoms or experiences other mental health issues, it is very important seek professional help. Psychologists for Future might be able to help in German-speaking countries.