

Psychology and the environment

28 October – 3 November

10 questions to reflect on:

1. How often do you take time out to immerse yourself in nature?
2. What are some of the psychological benefits that you, or your clients, can gain from being in nature?
3. What strategies do you use to cope with environmental stressors or climate change distress?
4. What strategies do you use to support clients facing environmental stressors or climate change distress?
5. What eco-friendly practices or actions can you implement into your everyday routine?
6. How can nature be implemented into your self-care routine?
7. Can any of your indoor social or leisure activities be outdoors?
8. How can you connect with others who share your environmental values?
9. How do you talk to young people about environmental stressors or climate change?
10. What mental health supports can you provide to people impacted by natural disasters?

psychology.org.au/psychweek

