



WORLD Environment Day

OUR PLANET. OUR MIND. OUR FUTURE.

5 JUNE

THE PSYCHOLOGICAL CONNECTION

☑ NATURE SUPPORTS MENTAL HEALTH

Time in nature is linked to lower stress, anxiety and depression, and improved mood, attention and overall wellbeing.

☑ CONTACT WITH NATURE BUILDS PSYCHOLOGICAL RESILIENCE

Nature helps us recover from stress, strengthens resilience and supports emotional regulation.

☑ ENVIRONMENTAL CONCERNS ARE REAL AND VALID

Eco-anxiety is a common and understandable response to the climate crisis. Acknowledging it is the first step towards empowerment and action.

☑ PRO-ENVIRONMENTAL BEHAVIOUR IS GOOD FOR WELLBEING

Taking meaningful action for the environment is linked to greater life satisfaction, purpose and belonging.

☑ OUR ENVIRONMENT SHAPES OUR COMMUNITIES

Access to clean, green and safe spaces promotes social connection, inclusion and community wellbeing.

☑ PSYCHOLOGY CAN DRIVE CHANGE

Psychologists contribute to environmental education, behaviour change, policy development and climate justice.

“ We do not inherit the Earth from our ancestors, we borrow it from our children. ”
– Indigenous Proverb

PRACTICAL ACTIONS:

- ✓ Spend time in nature regularly
- ✓ Reduce, reuse, recycle
- ✓ Save water and energy
- ✓ Support local and sustainable initiatives
- ✓ Talk about eco-anxiety and take care of your mental health
- ✓ Use your voice to advocate for people and planet