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Climate Change and Mental Well-Being

Glossary of Terms

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Term	Definition
Climate adaptation[1]	Actions that lessen the harmful effects of climate change or that make the most of emerging opportunities, ultimately enhancing a population's resilience to a shifting climate. Adaptation measures can be *reactive*, responding to existing climate impacts, or *proactive*, based on projected future changes.
Climate mitigation[1]	Actions that reduce greenhouse gas emissions or enhance their removal from the atmosphere, helping to slow climate change.
Climate resilience[2,3]	The capacity of a social or ecological system to withstand disruptions while maintaining its core structure and functions, along with its ability to self-organize and adapt naturally to stress and change.
Climate-related distress (also, climate distress)[4]	A wider term that includes all negative emotional interactions around climate change. This term includes everything from mild baseline discomfort to chronic distress as well as more acute, discrete episodes of distress.
Co-benefits[5]	Additional or concurrent benefits of climate adaptation efforts to health outcomes and climate mitigation through their impacts in social and environmental domains.
Eco-anxiety (also, climate anxiety)[6]	The sense of worry or fear that arises from an awareness of the environmental threats posed by climate change.
Eco-grief (also, ecological grief)[7]	The emotional pain associated with actual or expected environmental losses caused by climate change. These losses can involve land, ecosystems, cultural practices, a sense of place, or identity and traditional knowledge. Eco-grief may stem from acute climate-related events like floods or wildfires, as well as from slower, ongoing changes such as global warming, drought, sea-level rise, or melting permafrost.
Mental wellness[6]	Affirmative mental health outcomes, such as psychosocial resilience, which is the ability to adapt, thrive, develop, and transform despite experiencing stressors.

Mental illness[6]	Moderate to severe diagnosable mental disorders, such as major depressive disorder, psychosis, and PTSD.
Psychosocial health[8]	The dynamic relationship between social well-being, shaped by an individual's relationships, cultural background and environment, and psychological well-being, which encompasses one's emotions, thoughts and behaviors. A person's mental health is closely tied to social influences within key areas of life such as home, workplace, school, and the broader community. These social conditions play a crucial role in supporting mental well-being and enabling individuals to thrive within their social environments.
Psychosocial impacts[8]	Outcomes that affect social relationships and context. For example, a lost sense of place related to experiencing climate-related emergencies.
Solastasia[6]	The emotional distress experienced when witnessing environmental changes in one's home caused by climate change. It is often understood as a sense of homesickness despite remaining physically in one's familiar surroundings.
Social capital[9,10]	Involves features that make up a person's social life like trust, civic participation, and norms of reciprocity. Social capital is a key social determinant of health that influences individual health through the strength and quality of personal social networks. It goes beyond individual connections by fostering supportive environments that improve access to resources, information, and opportunities, all of which are essential for better health outcomes.
Urban heat island effect[11]	Refers to warmer temperatures in urban areas than in surrounding rural areas. These warmer temperatures can magnify health impacts during heat waves.

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