

THINK EARTH

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by acting to protect it. Environmental wellness promotes interaction with nature and your personal environment. Everyone can have a strong environmental conscious simply by raising their awareness.

Once the route to environmental wellness begins, it becomes incredibly easy to carry out. There are many environmentally conscious practices you can adopt in order to improve your relationship with the environment. Conservation is at the root of it all. Below is a list of a few suggestions to help you become more environmentally aware.

- Conserve energy.
- Recycle.
- Volunteer with environmental organizations.
- Become aware of Earth's natural resources. Identify and understand the role of our natural resources.
- Spend time outdoors and boost your vitamin D at the same time!

Use as an opportunity to define and support your environmental goals for the year to come.

For example, focus on ending plastic pollution. To help reduce your usage of plastic bottles, invest in a reusable cup, straw, or tote bag. You could also replace all plastic kitchenware such as plates, cutlery, etc with biodegradable/compostable brands.

You may introduce recycling, renewable energy initiatives or energy efficient upgrades to your home.

Whatever you decide to do, getting all household members on board is the best way to maintain momentum.

Activity: Make simple efforts to REDUCE • REUSE • RECYCLE

How I support my Environment Wellness: _____

Submit to nmpsia.wellness@phs.org by August 10, 2022

Name: _____

Email: _____

