



Invest in Environmental Wellness

Environmental wellness is not just about caring for the earth and our natural resources. It also is about creating a safe, supportive, inclusive and sustainable community that recognizes the impact of personal and social environmental decisions.

Signs of environmental wellness

- Being respectful, inclusive, and kind to others, even if you have an opposing viewpoint.
- Being aware of safety risks in your surroundings.
- Being aware of the impact of your decisions.
- Taking personal responsibility for your actions.
- Working to improve your community.
- Reducing, reusing & recycling.
- Using sustainable transportation.



Strategies to enhance your environmental wellness

Surround yourself with supportive family, friends and resources:

- Form social connections with people you enjoy and can trust.
- Get to know your coworkers on a personal level.
- Spend time with friends and family.

Bring nature into your surroundings:

- Step outside and take in the outdoors daily. If time does not allow, try visualizing with a familiar picture of nature or listen to sounds of nature you enjoy.
- Be sure to protect yourself from environmental challenges like bad weather, poor air quality and seasonal allergies.

Live an eco-friendly lifestyle daily:

- Recycle plastic, paper and glass containers.
- Use a refillable water bottle.

Find resources that are related to your environmental wellness at <https://www.nih.gov/health-information/environmental-wellness-toolkit>.



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