

# ENVIRONMENTAL WELLNESS

POWERED BY SYSTEMS 24-7



## STRATEGIES TO ENHANCE YOUR ENVIRONMENTAL WELLNESS

### **Conserve water and energy:**

Shut off unused lights in your household, shut off the tap when scrubbing dishes or brushing your teeth, use energy-efficient light bulbs and unplug electrical appliances when not in use.

### **Stop smoking:**

The chemicals in a cigarette are not only harmful to your body, they are also harmful to other people (second-hand smoke) and the environment (air pollution).

### **Go green whenever you can:**

Use more “green” cleaning supplies (natural household cleaners like baking soda, white vinegar, essential oils, and fresh citrus), or use toxic-free personal products and cleaning supplies.

### **Spend more time walking or bicycling:**

Not only for the environmental benefits, but also for your personal wellness. Exercise regularly to keep your body strong and improve your immune system.

### **Take a technology break:**

Try a day or a week with your gadgets powered down in the evenings. Rather than surf the internet or watching TV each night, go for a walk outside, cook a healthy meal, or turn in early for a quality sleep.

### **Purchase environmentally conscious products:**

Or shop at a local natural foods store and eat local and organic wherever possible. Participate in a Community Supported Agriculture program for regular produce from local farms or visit your local farmers market.

### **Recycle all your old electronics:**

(i.e., computer, TVs, laptops, radios, etc.).

### **Use plastic/metal mugs and lunch containers:**

Instead of disposable cups and containers.

### **Respect nature and the various species living in it:**

(e. g., don't feed animals, don't throw garbage in their habitat, don't approach them).