

# Environmental Wellness

Environmental wellness, also known as environmental well-being, is one of the dimensions of overall wellness that focuses on the relationship between individuals and their surroundings, including the natural and built environments. It emphasizes the importance of living in harmony with the Earth and making conscious choices that promote the health of both people and the planet.

Key aspects of environmental wellness include:

**Respect for Nature:** Having an appreciation for the natural world and understanding the interconnectedness of all living beings. This involves valuing biodiversity, ecosystems, and the beauty of nature.

**Sustainable Practices:** Making environmentally conscious choices in daily life, such as reducing waste, conserving energy and water, and minimizing one's carbon footprint. This includes practices like recycling, using eco-friendly products, and reducing single-use plastics.

**Conservation:** Taking steps to preserve natural resources and protect vulnerable ecosystems. This might involve supporting conservation efforts, participating in local clean-up initiatives, and advocating for policies that promote environmental protection.

**Outdoor Activities:** Engaging in outdoor activities that connect you with nature, such as hiking, camping, gardening, and enjoying outdoor sports. Spending time in nature can have positive effects on mental and physical well-being.



**Awareness and Education:** Staying informed about environmental issues, climate change, and sustainable practices. Educating yourself and others can lead to more responsible choices and actions.

**Reducing Toxins:** Being mindful of the toxins and chemicals present in your environment and taking steps to minimize exposure. This could involve using natural cleaning products, reducing indoor air pollutants, and avoiding harmful chemicals.

**Supporting Eco-Friendly Initiatives:** Supporting businesses, products, and policies that prioritize sustainability and environmentally friendly practices. This could include purchasing from eco-conscious companies or advocating for environmentally responsible policies.

**Community Involvement:** Participating in local environmental initiatives, clean-up events, and conservation projects. Working together with your community can have a positive impact on the environment.

**Minimizing Waste:** Practicing waste reduction by adopting practices like composting, reducing plastic consumption, and reusing items whenever possible.

**Advocacy:** Speaking up for environmental issues and encouraging others to adopt sustainable habits. This could involve participating in environmental campaigns, attending protests, or using social media to raise awareness.

Environmental wellness recognizes that the well-being of individuals is intricately linked to the health of the planet. By taking care of the environment, individuals contribute to their own well-being as well as the well-being of future generations.



Contact your EAP at  
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