# About Environmental Wellness

Environmental Wellness involves good health by occupying pleasant, stimulating environments that support well-being.

* Appreciate nature and the beauty that surrounds you.
* Seek out music and other experiences that have a calming effect on your well-being.

Consider focusing on your environmental wellness if you agree with one or more of the following:

* I want to clean/organize my living space more regularly
* I want to spend more time in sunlight or fresh air
* I want to set aside more time to enjoy nature
* I want to spend more time quietly reflecting
* I want to be involved with neighborhood activities

# Motivational Messages

1. Happy spaces start with happy faces. Smile!
2. Open windows and renew your environment with fresh air.
3. Having houseplants is a great way to bring nature indoors!
4. The 8 Dimensions are all connected. Dusting and sweeping can prevent sneezing and wheezing. That’s Environmental + Physical!
5. Try de-cluttering and organizing your space to create a more relaxed environment.
6. You can create a safe and secure environment. Lock up when you leave.
7. Out of sight, out of mind! One way to stay away from harmful habits (like eating junk food, smoking) is to keep the items away from you!
8. A little sun can help boost your mood. Take a 10 minute break and head outside!
9. Mess can cause stress. Take 5-10 minutes today to organize a small area of your space.
10. Make your space safer! Make sure your smoke detector is up-to-date.
11. Have a plan for leaving your space in case of emergency? Be prepared!
12. Looking for a boost to your environmental wellness? Get outside and enjoy nature!
13. Spending time in nature = Environmental Wellness + Emotional Wellness. Give it a try!
14. Vitamin D comes from the sun and supports our health. Take control of your environmental wellness and enjoy the sunshine!
15. Safe space, safe you: Remember to pay attention to and be mindful of your surroundings.
16. Try taking a walk outside with a friend! You’ll work toward Environmental + Social + Physical Wellness!
17. Feng shui is about creating harmony with your environment. A feng shui tip: add the color orange to your space to bring warmth and cheer!
18. Feng shui is about creating harmony with your environment. A feng shui tip: add the color yellow to your space to create a sense of nurturing and stability!
19. You can help create a healthy environment. Avoid littering.
20. Taking part in community projects will help you feel more connected to your local environment!
21. What do you find comforting? Incorporate them into your home to create a nurturing space! (Hints: music, soft lighting, houseplants!)
22. Get connected with your community/environment! Take part in community projects.
23. Did you know your environment affects your sleep? Turn off electronics and lights one hour before sleep!
24. Create a positive personal environment! Keep pictures of friends and family who support you nearby.
25. Healthy space, healthy you: Get rid of things in your space that do not support your wellness goals.
26. A peaceful space supports a peaceful mind. Shut out excess noise with thick curtains or a sound machine.
27. Surround yourself with positive memories. Keep special mementos or photos on display.
28. Whether it’s at home, at work, or outside, surround yourself with pictures, memories, or colors that make you feel good.
29. The 8 Dimensions are all connected! Clean and organize with a friend. That’s Environmental + Social!
30. The 8 Dimensions are all connected! Create a quite space where you can be at peace. Environmental + Spiritual!
31. Make a schedule to clean up your home or living space. It could be by room or activity (bathrooms on Sunday, dusting and sweeping every Wednesday, etc.).
32. Try looking in magazines or online to find styles you like best so that you’re comfortable in your living space.
33. Time to declutter! Go through mail and other paperwork frequently to get rid of clutter.
34. Fill your living space with styles and textures you enjoy!

# Positive Reinforcement

1. A comforting space can bring you joy and happiness – keep doing what you can to create personal comforts!
2. You’re more productive now that your space is clean and organized.
3. You’re nourishing your body and mind by spending time out in the fresh air. Environmental + Physical + Emotional.
4. Every day, take another step toward your environmental wellness and healthy space goals. You can do it!
5. You’re supporting your mental health by getting organized!
6. A protected space is helping keep you safe.
7. Every day, take another step toward your environmental wellness goals. You can do it!
8. You are taking care of yourself by taking care of your space.
9. Out of sight and out of mind means that past behaviors stay behind.
10. You’re helping to improve your local environment by volunteering in your community!
11. A nurturing space is keeping you relaxed and at peace.
12. Keeping temptations out of your space is a big step in your recovery. Way to go!
13. You’re giving yourself a mental boost every time you enjoy nature.
14. Getting fresh air is helping you clear your mind!
15. A healthy space supports a healthy you.
16. It’s great to feel energized by our environments. Keep up the good work toward environmental wellness!
17. Did you know improving your environmental wellness is supporting other Dimensions of Wellness, too? Keep it up!
18. You’re feeling calmer and more relaxed in an environment that supports your well-being.
19. Creating a stimulating home environment is helping you feel more creative. What can you create today?
20. Spending time in a pleasant environment is improving multiple dimensions of wellness. The 8 Dimensions are all connected!
21. Becoming more organized in your space is helping you become more organized in other areas of your life, too.
22. The 8 Dimensions are all connected! You’re improving your sleep by avoiding electronics before bed. Physical + Environmental!
23. You’re creating harmony with your environment. Good job!
24. You’re working hard to avoid unhealthy behaviors, and keeping temptations out of your space. Share your accomplishments with a friend!
25. Getting involved in your local environment & helping with community projects feels good, doesn’t it? That’s Environmental + Occupational Wellness!
26. Getting outdoors and soaking up sunlight is boosting your immune system. You’re improving Environmental + Physical Wellness!
27. Improving your environmental wellness is improving your health!

# Activities

**a.** Discovery Questions (Think)

**Title:** Environmental Wellness Goals. **Description &** **Instructions:** Think about your space and the person you want achieve while you’re in it. What you would need to change about it to help you succeed? For example, if you want to drink less alcohol, don’t keep any alcohol around. If you want to recycle more, set up somewhere to put your recycling. If you want to work out more, create a space to work out. **Estimated Duration:** 20-30 minutes

**Title:**  Your Happy Space. **Description &** **Instructions:** Think about the space that brings you the most joy and comfort. Visualize the place – including the sounds, sights, and smells. Remember this and travel to your happy space in your mind when you’re feeling stressed or overwhelmed. **Estimated Duration**: 10 – 15 minutes

**Title:** WellSpace. **Description &** **Instructions:** Consider what you can do to your space to make it more pleasant. Think about how you can bring more color or live plants into your area. It’s helpful to shape the places around you to be more supportive to your needs. **Estimated Duration**: 10 – 15 minutes

**b.** Physical (Do)

**Title:** Make an emergency kit. **Description & Instructions:** Get all the things you would need in the case of an emergency. Think about foods that won’t go bad, extra water, extra doses of any daily medications you take, identification, soap, flashlights, a radio, batteries, first aid supplies, sets of keys, blankets, tools, etc. Keep your kit up to date and replace things as needed. **Estimated Duration:** Ongoing

**Title:** Fire escape planning. **Description & Instructions:** If you don’t have one, come up with a fire escape plan. Then, put it into action. If you can’t do what’s needed when there is no fire, then you most likely will not be able to do it when there is one. **Estimated Duration:** 20-30 minutes

**Title:** Clean it up; fix it up! **Description & Instructions:** Remove any shoes, clothing, and toys from the floor. They provide places for pests to nest and can also trip you. Keep your air clean and lungs healthy by cleaning up dust and letting fresh air in. If you see any cracks, holes, or leaks, make a note of them and get them repaired as soon as you can to keep pests and mold away. **Estimated Duration:** 1 – 2 hours

**Title:** Get outside. **Description &** **Instructions:** Nature is proven to boost our moods and improve our health. Take the time to get outdoors. If you live in a city, even just looking at and walking by any planted trees or flowers is good for you. It doesn’t have to be a nature hike; just some time outside in fresh air. **Estimated Duration:** 60 minutes

**c.** Document (Write)

**Title:** Write a fire escape plan. **Description & Instructions:** What would you do if there was a fire in your space? Write down three ways to escape safely. **Estimated Duration:** 10-20 minutes

**Title:** Get organized. **Description & Instructions**: Being organized can contribute to your wellness and mental health. Disorganization and clutter can cloud your mind and make it difficult to make decisions. Write down what you’d like to organize, and then write 5 steps on how you will accomplish it. **Estimated Duration:** 15-20 minutes

**Title:** Planning for wellness. **Description & Instructions**: Make a list of some of your favorite things that you can slowly incorporate into your living space. Your favorite colors, shapes, smells. Over time, keep your eyes open for ways to incorporate your favorite, feel-good things into your space. **Estimated** **Duration:** 10-15 minutes writing; ongoing

**d.** Person-to-Person (Interact)

**Title:** Getting Social. **Description & Instructions:** Search the internet or ask around the neighborhood for information on community projects and groups. Choose a group that is working on a topic that is important to you or find other people interested in that topic and start one yourself. Come up with your mission, goals, name, positions, and roles and responsibilities. Then get to work. **Estimated Duration:** Ongoing

**Title:**  Solving Community Problems. **Description & Instructions:** If there is an issue in your community that you would like to have resolved, reach out to your neighbors or a local government official to help you take action. You can go to a town hall meeting or ask your neighbor(s) to meet up to discuss the issue. You can write a letter or send an email to your local government official. **Estimated Duration:** 1 month

**Title:** Outdoor adventure with a friend. **Description & Instructions:** Reach out to a friend or family members and invite them on a safe, outdoor adventure. Try riding bikes together, walking in a new location, or sitting together at a park you’ve never been to. **Estimated Duration:** 60 minutes

# Resources

[Feng Shui for Health and Energy](http://health.cvs.com/GetContent.aspx?token=f75979d3-9c7c-4b16-af56-3e122a3f19e3&chunkiid=13510)

Practitioners of traditional Chinese medicine believe that to feel good, you must be surrounded by good chi, or energy. Learn feng shui tips from this CVS website.

[Healthypeople.gov Environmental Health](https://www.healthypeople.gov/2020/topics-objectives/topic/environmental-health)

Humans interact with the environment constantly. Learn more about environmental health from Healthy People 2020.

[Health and Safety Tips for Your Home](http://www.cdc.gov/healthyhomes/byroom/index.html)

Access health and safety tips for each room in your home, from the attic to the basement, yard to garage.

[University of California Mind Body Challenge](http://wellnesschallenge.ucdavis.edu/environmental.html)

The University of California, Davis offers challenge ideas for environmental wellness, from joining clubs to starting a garden.

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved

in your own wellness. Access worksheets, assessment tools, inventories and more.

[Recreation.gov](http://www.recreation.gov/marketing.do?goto=acm/Explore_And_More/hiking.htm)

Find places and spaces to get outside and enjoy nature on Recreation.gov, where you can find camping locations, national parks, and more.

[PBS NOVA scienceNOW](http://www.pbs.org/wgbh/nova/body/epigenetics.html)

Watch this 13-minute video to learn more about epigenetics, and how environment and lifestyle can influence our health.