

My WellPath: Environmental Wellbeing

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Environmental Wellbeing

Environmental Wellbeing includes consideration of the individual impact a person can have on the environment and working to diminish any negative effects. Conserving natural resources, being mindful of consumption, and recycling are positive examples of supporting environmental wellbeing.

Resources

[Making Eco-Friendly Household Choices](#) (EAP)

[50 Eco- and Budget-Friendly Choices to Incorporate into your Daily Life](#) (EAP)

[How to Reduce Your Eco Anxiety](#) (EAP)

[Environmental Wellness Toolkit](#) (NIH)

[Does a Bear Poop in the Woods? Yes, but Your Dog Shouldn't](#) (AAHA)

[Environmental Benefits of Gardening](#) (Happy Sprout)

[The Learning Portal: Environmental Wellness](#) (College Libraries of Ontario)

- This website includes a [quiz that calculates your ecological footprint](#)

[Portal App](#) (available for iPhone and iPad currently)

- Award winning app to help you transform your surroundings so you can sleep better, improve your focus and reduce stress.
- [Download at the Apple App Store](#)

