

# EMBRACING NATURE

If you know anything about the Lorax, he speaks for the trees. Clearly, he has strong environmental wellness. Environmental wellness relates to our connection to and comfort in our surroundings. It especially includes our connection to nature (like the Lorax)! Having solid environmental wellness is achieved by existing in pleasant, stimulating environments and surroundings that support well-being. This dimension of wellness promotes interaction with nature and creates a positive personal environment.

## **Here are some suggestions to help you tap into environmental wellness:**

- Conserve energy—lower the thermostat, switch the LED light bulbs, turn off lights and electronics when not needing to use
- Reuse and recycle—use reusable cups and containers for lunches or find new uses for disposable objects. Follow recycling expectations in your county.
  - Collier County Recycling: <https://www.colliercountyfl.gov/government/public-utilities/solid-hazardous-waste/recycling?locale=en#irc-cpage=653193>
  - Lee County Recycling: <https://www.leegov.com/solidwaste/recycling>
- Spend time outdoors—Go on a walk, ride a bike, go to the beach; 15 minutes in sunlight a day can be beneficial to your health, we're basically flowers!
  - "Ding" Darling Wildlife Refuge has a "Self-Guided Mindfulness Trail" which immerses people in activities to connect to nature: <https://dingdarlingsociety.org/nature-wellness>
- Buy from a farmer's market—there are many local farmer's markets around Southwest Florida
  - For more information, visit: <https://www.swffresh.com/farmers-markets>
- Start an at-home garden or community garden
  - How-to guides for different gardens: <https://www.almanac.com/topics/gardening/how-garden>

