



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
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Wellness Director

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to Volume 4, Issue #2 of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Environmental Wellness – *Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. Everyone can have a strong environmental conscious simply by raising their awareness.* Environmental issues can seem insurmountable. Years and sometimes decades of neglect to issues concerning the environment have had a tremendous impact on our natural resources. Yet, we can make decisions on a daily basis that can change this state of nature. One simple adjustment is to not purchase disposable plastic water bottles. The US uses over 60 million plastic water bottles every day (see this article <http://www.container-recycling.org/index.php/issues/.../275-down-the-drain>) Just changing over to a refillable water bottle will make a huge difference considering that most of these plastic bottles end up in landfills and incinerators. I fill my water container in the morning every day. It is a 32 ounce container and usually is enough to get me through a work day. If not, I refill at one of the water stations at school. Here are a few other changes that can easily be made that will make a huge difference. 1) Car pool to events 2) Walk or ride your bike to school events 3) Reduce food waste 4) Create a compost pile 5) Stop using plastic forks and knives 6) Bring your own bag to the grocery store

Wellness in the news – What is Sustainable Living? (full article here <https://www.conserve-energy-future.com/15-ideas-for-sustainable-living.php>)

Sustainable living is the practice of reducing your demand on natural resources by making sure that you replace what you use to the best of your ability. Sometimes that can mean not choosing to consume a product that is made using practices that don't promote sustainability; and sometimes it means changing how you do things so that you start becoming more of an active part of the cycle of life. We all know that climate change, global warming, depletion of ozone layer and resource depletion are real and their impact on human and animal lives can be devastating. It is an opportunity for people to adopt actions for sustainable living that can help them to reduce their carbon footprint or environmental impact by altering their lifestyle. Simple measures like using public transportation more often, reducing energy consumption, becoming more eco-friendly can go a long way in reducing your environmental impact and making this planet a clean safe place.

Wikipedia defines “Sustainable Living” as,

“Sustainable living is a lifestyle that attempts to reduce and individual's or society's use of the Earth's natural resources and personal resources. Practitioners of sustainable living often attempt to reduce their carbon footprint by altering methods of transportation, energy consumption, and diet. Proponents of sustainable living aim to conduct their lives in ways that are consistent with sustainability, in natural balance and respectful of humanity's symbiotic relationship with the Earth's natural ecology and cycles. The practice and general philosophy of ecological living is highly interrelated with the overall principles of sustainable development.”

18 Easy Ways to Practice Sustainable Living

1. Become a member of a community garden
2. Practice minimalism
3. Change the lights in your house
4. Become more efficient with your errands
5. Start using natural cleaners
6. Walk, bike or car pool to work
7. Spend more time reading and playing games
8. Try to get on a more natural sleep schedule
9. Reduce, Reuse and Recycle
10. Unplug device when not in use
11. Buy right-sized house
12. Use daylight as much as possible
13. Stop unwanted mail
14. Practice keeping a “zero energy balance” budget
15. Change your washing habits
16. Choose renewable energy
17. Buy products with less packaging
18. Ditch the plastic

Tips for living – “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

—Margaret Mead



”GOOD PEOPLE”

