

## 6. Environmental Wellness

**Definition:** Occupying places and spaces that are safe, pleasant, and stimulating. The environment includes our living, learning, and working spaces and the larger communities where we participate as citizens. Health can be enhanced by places and spaces that promote learning and contemplation and that elicit the relaxation response.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

### **Environmental Wellness Checklist**

- Keeping your home de-cluttered
- Spending time outside in safe, pleasant, and stimulating spaces
- Creating a peaceful home environment that promotes relaxation
- Participating in community involvement
- Reducing personal contribution to pollution
- Practising environmental awareness daily
- Designing spaces that promote learning and contemplation
- Using eco-friendly products
- Recycling regularly

### **Reflective questions**

- Do I spend time outside in safe, pleasant, and stimulating spaces?
- Do I participate actively in my community
- Do I maintain a home environment that feels peaceful and de-cluttered?
- Do I create spaces that promote learning and contemplation?
- Do I stay aware of how human activity impacts the environment?