

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

APRIL 2021

## HEALTHY HARMONY - Celebrate Earth Day All Year Long



*By Jackie Billhymer*

*"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."*

*—Dr. Jane Goodall, DBE*

Spring has sprung! Warmer weather, birds chirping, greener grass, and flowers poking out of the ground are all signs that spring has arrived. This month, particularly on **Earth Day (April 22)**, we have the opportunity to pause and reflect on the changing seasons and the beauty of our Earth.

Our wellbeing is directly linked to the sustainability of our planet. Clean air, land, and water, as well as utilizing the 'big three' – reduce, reuse, and recycle – are just a few of the things our planet needs to keep us healthy. We celebrate Earth Day annually, but you can engage in activities all year long to benefit the earth and support your overall wellbeing.

Here are a few resources to help you celebrate Earth Day this month and throughout the year:

- Check out this [Earth Day Menu](#) for simple ways you can advocate for sustainability in your community, repurpose materials around the house, eat a more plant-based diet, plant a pollinator garden, and so much more.
- Have you ever heard of plogging? Plogging is a combination of the Swedish term “plocka upp,” meaning to pick up and the word “jogging.” Interchange it with walking (plalking) or hiking (pliking) and these eco-friendly fitness terms capture the benefits of picking up trash while you are enjoying physical fitness outdoors.
- Spend more time in nature. Many studies have shown a valuable connection between nature and the positive effects it has on our wellbeing. Visit [Illinois Department of Natural Resources \(IDNR\) State Parks and Outdoor Recreation](#) to find a park or recreational activities and programs near you.
- Help track changes in the environment and support science research. The Global Learning and Observations to Benefit the Environment ([GLOBE](#)) Observer [app](#) helps monitor the conditions of clouds, water, plants, trees, and changes over time.
- The Environmental Protection Agency (EPA) has a Greener Living [website](#) with ideas for living sustainably, being green on the road, throwing away less and choosing greener products.

It is up to all of us to sustain the very life our planet gives us. Just as our individual wellbeing affects the wellbeing of those around us, each of our efforts towards greater sustainability affects the world in which we all live.

