

# Definition of Environmental Wellness

Maintaining optimal living conditions that help to protect, nurture, encourage, and support sustainable living process.

- Environment wellness refers to one's relationship to their surroundings that affect human wellness<sup>1</sup>.
- It involves harmonious relationship among humans, earth, nature and environment. This harmony leads to a stable environment and less natural calamities.
- It is targeted towards disease preventive and a healthy supportive environment which is safe, peaceful, healthy, hygienic, and pollution free<sup>2</sup>.
- Environment health and wellness includes:
  - Biological
  - Physical
  - Chemical
  - Social
  - Cultural environment
  - Built Environment
- Environmental wellness starts from having a home that is clean, safe, healthy, hygienic, and peaceful.

## Benefits of Environmental Wellness

- Maximizing harmony with earth and minimizing harm to it by doing activities like planting more trees, building animal homes, conservative use of resources like petrol and water<sup>3</sup>.
- People living in healthy environment fall less ill and live longer than other people as people living in hygienic and safer places have less chances to interact with various disease causing agents<sup>4</sup>.
- Minimize harm to environment such as air, water, noise, soil pollution.
- Helps to prevent diseases which are most common due to unhealthy environment conditions like malaria, dengue, typhoid, diarrhea, cholera and many more<sup>5</sup>.
- Promote a healthy environment for kids to grow and play as in safe and clean environment there are less chances of insect bites as mosquitoes, wasps, etc. and diseases like dengue and malaria.
- Safe and healthy environment of community or state set as an example for other states or communities.
- It helps in saving money and increasing the country's economy as good environmental conditions reduce the expenditure on medicines and treatment.

- Plantation of more trees help in many ways as they provide fresh air and oxygen, prevent soil erosion, provide shed, foods, reducing noise pollution, greenhouse effect. Green color of plants and different colors of flowers is symbol for balance, harmony, growth, and renewal.
- It helps to maintain the climate changes as we know these days every country is suffering from extreme climate changes. Trees help to reduce those and reduce the effect of global warming.
- Best conditions or services available in the city leads to less life lost due to accidents and other man made conditions.
- Good environment and pollution free environment helps to save wild life animals lives also.
- Provide good health and fresh food without the effect of fertilizers using manure.
- Make earth better place to live and maintain quality of environment with fresh air, no type of pollution and good availability of natural resources for generations to come.

## **Environmental Wellness Lifestyle Guidelines**

- Live an eco-friendly lifestyle. For example plant more trees, do kitchen gardening in house if possible.
- Eat fresh by supporting local farmers markets.
- Participate as a volunteer in community garden projects will help one to feel good and calm and get knowledge about how food grows in fields and the advantages of different types of fruits and vegetables.
- As paper is made from trees, so use less paper by doing more online reading. As paper is made by cutting of trees. So, Plant more trees.
- Use compost instead of fertilizers from plant leavings or by collecting plant leaves. Use rain water to water plants and lawn.
- Government or private agencies should open more wild life parks to protect the endangered species of animals and pollution free environment also lead to less life loss of animals and birds.
- Reduce, reuse, and recycle to decrease land filling. Try to choose those products from the market which are reusable and recyclable like plastic water bottles.
- Use solar energy and water energy instead of electricity where possible. For example, Use of solar heater to heat water and cook.
- Be aware of earth natural resources and use them in limit such that these can be available for a longer period for use of future generations.
- Conserve energy by switching off lights when not in use.

- Purchase a bus pass and leave your car at home when possible to reduce the expenditure of petrol and save excessive use of petrol and reduce pollution.
- Prevent fires by using electronic smokers; prevent poisoning by labeling poison containers. Use these precautions at home such that children cannot consume these products.
- Do not allow stagnant water in an open place which can lead to production of mosquitoes and different types of insects.
- Use homemade remedies when possible instead of using artificial chemical products such as use of baking soda, white vinegar, lemon juice and borax for cleaning purposes.
- Make sure to use helmets, obey traffic rules, and abstain from the use of alcohol or any drug while driving which can lead to premature deaths.