Environmental wellness involves being aware of the effects of your daily habits on the physical environment. Tips for optimal environmental wellness are:

- Participating in recycling and other conservation efforts
- Maintaining a way of life that maximizes harmony with the earth
- Being involved in socially responsible activities to protect the environment
- Stop your junk mail
- Conserve water and other resources
- Minimize chemical use
- Reduce, reuse, recycle

**Explore the Environmental Dimension by...**

- Becoming a birdwatcher
- Recycling
- Shorter showers
- Visiting Moosewood Nature Center