What you can do to protect and enhance the environment while staying safe during the pandemic

While the pandemic has certainly forced many of us to slow down, it has given us time to focus on ourselves, our loved ones, and the beauty and good in the world. There are several ways we can take this unprecedented opportunity and use it to build better habits to protect our environment and connect to nature.

Rethink what you consume and how you consume
  - o Support local
  - o Don't buy if you don't need it
  - o Conserve what you have
  - o Look for reuse options instead of use-up options
  - o Avoid overnight and 2-day delivery and returns – airplane is 10x more than truck 25x more than trane

Learn something
Use some of your downtime to watch some environmental documentaries or attend an on-line lecture. Below are some ideas, but you can also browse for ideas on the internet – make sure you trust the source and watch with critical thinking. Many universities around the world are offering on-line courses for free during the pandemic, so it's a great time to learn something new!
  - Top Environmental Documentary Films
  - TED Talks on the Environment
  - 8 Movies to watch now that Tiger King is over
  - 10 Must-see environmental documentaries
  - National Geographic TV
  - EdX courses on environmental subjects
  - MIT OpenCourseWare – Environment
  - Listing of free on-line course sources

Take action
  - https://drawdown.ecochallenge.org/
  - Clean while you stroll – bring a bag and some gloves with you when you go for a walk or hike and pick up any trash you find along the way
  - Save some energy at home
  - Plant a garden
  - Start composting
  - Fix your bike and go for a ride
  - Unplug and experience – spend some time outside every day without your phone or tablet.

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