

## Dimensions of Health & Wellness

### Environmental Wellness

**Environmental wellness involves having physical safety, clean surroundings, and access to clean air, food, and water.**

**Examples of how our environment impacts the other dimensions of health & wellness<sup>1</sup>**



Pollution and lack of sleep can impact our **physical wellness**.



Noisy workspaces and difficult work schedules can impact our **occupational wellness**.



Living in places without parks, recreation centers, and grocery stores can impact our **social wellness**.

#### Reduce, reuse, & recycle

Use recycled items & conserve energy & water



#### Travel light

Walk, bike, or use public transportation



**Vote**  
Support advocates for the environment



**Create good vibes**  
Make use of natural light, fresh air, & live plants



### Eight ways to improve your environmental wellness<sup>2-3</sup>

**Tidy up**  
Clean your home & workspace to avoid clutter



**Lights out**  
Limit electronic device use before bed



**Eat local**  
Support local gardens & farmer's markets



**Be outdoors**  
Enjoy time in nature – but protect your skin



1. <https://www.prainc.com/wp-content/uploads/2019/05/EnvironmentalWellness-508.pdf>  
2. <https://u.osu.edu/4hjjournal/2021/01/13/environmental-wellness-healthy-world-healthy-you/>  
3. <https://www.myamericannurse.com/wp-content/uploads/2018/09/ant9-Wellness-Environment-822a.pdf>